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4.		No dough meatcrust pizza	mammajo47	0	Jan 8, 2009 09:13
5.		Unstuffed Cabbage	cubbiagal	6	Jan 7, 2009 07:28
6.		Chili Like Wendy's ~ Merrilee Wagner	DebB	26	Jan 5, 2009 21:08
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8.		Sweet & Sour Meatloaf	luvmy2boyz	3	Nov 19, 2008 09:55
9.		Salsbury Steak (Salisbury?)	SinginSOMERSong	13	Oct 14, 2008 12:00
10.		eggplant hamburger	gemdetectivemdr	0	Sep 19, 2008 22:31
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12.		Tyler Florence-Delicious Pot Roast!	roweena	4	May 29, 2008 14:40
13.		Quck Hamburger Stroganoff	roweena	7	May 19, 2008 13:10
14.		***Cheeseburger Pie	Twiggy88	16	May 3, 2008 14:44
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16.		Grilled Flat-Iron Steak with Chile-Honey Butter	MsTified	2	Apr 29, 2008 08:23
17.		London Broil w/ Teriyaki Srirachi Sauce	IWedRich	3	Apr 29, 2008 04:21
18.		Fajita Stir Fry	JulieJafar	0	Apr 20, 2008 12:12
19.		Peter's Italian Style Chili	indyemert1	10	Apr 10, 2008 17:07
20.		Grilled Flat Iron Steak Recipe Continued	MsTified	2	Apr 7, 2008 09:51
21.		St. Patrick's Day Shepherd's Pie	mizztucker	3	Mar 14, 2008 12:17
22.		Grid's Shephard Pie	gridmama	20	Mar 14, 2008 05:18
23.		chili by Ruth	glassart	3	Mar 3, 2008 18:13
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26.		best meatballs ever!!!!	swtred16	6	Jan 14, 2008 14:18
27.		Yummy Beef Stew	erjen_lower	3	Jan 12, 2008 13:55
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29.		Mexican Casserole	CANMOM	25	Dec 19, 2007 12:19
30.		Shepherd's Pie	stilljoyful	2	Dec 15, 2007 11:06
31.		THE BEST NOODLELESS LASAGNE	LilLooLoo	7	Dec 12, 2007 20:36
32.		"Rice" Mess	erjen_lower	10	Dec 5, 2007 17:57
33.		Grid's Pot Roast!!	gridmama	15	Dec 5, 2007 09:32
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36.		Hamburger Helper Knock Off	marie172	12	Nov 12, 2007 03:07
37.		Goulash- Budget	polypurebred39	0	Nov 2, 2007 20:39
38.		Quick & Easy Yummy Taco pockets!	Sapphire1	27	Nov 1, 2007 22:22
39.		Best lasagna ever!	babyblue113655	3	Oct 26, 2007 05:30
40.		Flavor Explosion Beef :)	rockswife	0	Oct 23, 2007 08:55
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42.		flank steak???	Nutmeg	11	Oct 8, 2007 21:43
43.		Crockpot Beef	beebee1	1	Oct 1, 2007 19:53
44.		Ground Beef and Cabbage	DebB	21	Sep 25, 2007 13:51
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46.		FREEZE WELL: Italian Stuffed Meatloaf	Liz01219	1	Sep 15, 2007 18:23

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52.		Gyros Recipes	jillybe	13	Jul 19, 2007 09:57
53.		stuffed peppers	realtornancy	1	Jul 2, 2007 19:58
54.		Stuffed Pepper Boats	DeBB	21	Jul 2, 2007 19:51
55.		Stuffed Green Peppers	janland	15	Jul 2, 2007 19:51
56.		Low Carb Meatloaf	artgirl67	8	Jun 30, 2007 13:48
57.		Stuffed Meatloaf	rosalia	2	Jun 30, 2007 13:47
58.		Mock Potato Meatloaf	rosalia	2	Jun 30, 2007 13:47
59.		meatloaf or salisbury steak	myboys	6	Jun 30, 2007 13:47
60.		Beef & Sour Cream Enchiladas with Crepes	IWedRich	4	May 20, 2007 16:45
61.		Slow-Cooker Beef Tacos Senora!	SinginSOMERSong	37	May 5, 2007 05:52
62.		Homemade Corned Beef	marie172	4	May 2, 2007 08:37
63.		To Make Corned Beef from a brisket	Twiggy88	2	May 1, 2007 06:48
64.		Carne con Chile	p_hernandez	0	Apr 20, 2007 17:52
65.		Sloppy Joes!	IWedRich	3	Apr 15, 2007 14:02
66.		Crockpot English Roast	MsTified	6	Mar 31, 2007 08:36
67.		Beef Quesadillas	3M	1	Mar 9, 2007 15:59
68.		Giant Treasure Meatballs	IWedRich	9	Mar 9, 2007 12:40
69.		2 CROCKPOT QUESTIONS	myboys	5	Mar 2, 2007 11:53
70.		Pot Roast	iwillrejoice	3	Feb 18, 2007 23:55
71.		How to Cook a Beef Round Tip Roast?	1goodfriend	6	Feb 18, 2007 11:38
72.		Bottom Round Roast?	Jenifer	7	Feb 18, 2007 11:36
73.		BEEF STEW W/ TEX MEX?	myboys	2	Feb 7, 2007 15:47
74.		Almost Cabbage Roll Casserole	ncpharmgirl	2	Jan 18, 2007 14:15
75.		Crockpot Beef and Cabbage Casserole	JCnmyheart	11	Jan 2, 2007 10:45
76.		Lasagne and Ceasar Salad	somersizenewby	6	Dec 5, 2006 21:46
77.		Meat-Crusted Pizza	iwillrejoice	8	Nov 21, 2006 07:41
78.		london broil	myboys	3	Nov 20, 2006 07:49
79.		All beef chili for hot dogs or other	mamabj	5	Nov 13, 2006 13:18
80.		Mock Stroganoff	mamabj	2	Nov 10, 2006 03:41
81.		Pirate Patties	IWedRich	11	Oct 24, 2006 13:09
82.		Baked Spaghetti Squash (Lasagna)	joey15	3	Oct 23, 2006 11:34
83.		beef paprika	coblentzjx	5	Oct 20, 2006 13:29
84.		Sunday Meatloaf	3M	4	Oct 10, 2006 09:33
85.		Kisa's Ginger Soy Beef Brisket	Copy Cat	11	Sep 27, 2006 05:39
86.		Somersized Hamburger Helper	gopmom2	7	Sep 26, 2006 11:22
87.		chicken / corizo stew	DDTyler	1	Sep 17, 2006 06:12
88.		meatballs??	FinanceWoman	4	Sep 11, 2006 18:47
89.		Need a good Ground Beef Enchilada or Burrito Reci	Taylyn	2	Sep 11, 2006 18:44
90.		Red Beef Enchiladas with Egg Tortillas	IWedRich	1	Sep 11, 2006 18:38
91.		Spicy Seasoned Ground Beef	IWedRich	0	Sep 11, 2006 18:35
92.		Ropa Vieja - (Rope-a Vee-ai-ha)	IWedRich	0	Sep 11, 2006 18:34
93.		Chorizo and Cabbage	IWedRich	0	Sep 11, 2006 18:27
94.		Carne Asada	IWedRich	0	Sep 11, 2006 18:26
95.		Pounded Sage Steak	IWedRich	0	Sep 11, 2006 18:18
96.		Beef Garlic with Cabbage and Peppers	IWedRich	0	Sep 11, 2006 18:06
97.		Crockpot Hungarian Goulash	DeBB	17	Aug 23, 2006 12:43
98.		"Spaghetti" Pie	Debits2000	3	Aug 14, 2006 14:45
99.		Beef Zucchini Boats	Margo_39	2	Aug 3, 2006 10:06
100.		Grilled Hamburgers	3M	3	Jul 26, 2006 20:18
101.		Beef-Squash-Tomato "Pie"	Margo_39	1	Jul 26, 2006 17:08
102.		Chile Renos	cctwins4	4	Jul 5, 2006 12:33
103.		Goulash	janland	3	Jun 26, 2006 19:18
104.		BLUE CHEESE STUFFED HAMBURGERS	micahsprincess	5	Jun 25, 2006 20:56

105.	 Blue Cheese loaf	glitterskate	1	Jun 22, 2006 20:29
106.	 Is Brunschweiger legal?	glitterskate	1	Jun 17, 2006 15:52
107.	 Sixty MinutePot Roast From Fast&Easy	db1944	0	Jun 14, 2006 20:56
108.	 Blue Cheese Meatloaf	pinkscooter	6	Jun 14, 2006 12:03
109.	 beef stroganoff and what to put it on	karma	17	Apr 9, 2006 14:21
110.	 Mozzarella & "Rice" Bake	Twinkle	4	Mar 20, 2006 09:18
111.	 Leftover Corned Beef	Debits2000	2	Mar 18, 2006 09:27
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113.	 Corned Beef and Cabbage	jdt	5	Feb 22, 2006 12:48
114.	 Grilled Steak with Tarragon-Dijon Butter	matantej	1	Feb 21, 2006 10:34
115.	 BBO Cabbage and Bacon Slow Cooker	mamabj	2	Feb 20, 2006 09:24
116.	 Gravy for Roast Beef	Debits2000	0	Feb 15, 2006 18:20
117.	 Pizza Roll Meatloaf	Clovermuncher	5	Feb 15, 2006 08:11
118.	 Beef Sandwiches	mamabj	5	Feb 11, 2006 09:36
119.	 Zesty Meatloaf	JCnmyheart	11	Feb 8, 2006 21:32
120.	 Mousaka	iwillrejoice	3	Jan 22, 2006 06:07
121.	 Bistek (Beefsteak Filipino)	marie172	3	Jan 21, 2006 20:36
122.	 Mexican Lasagna	carolannb	3	Jan 21, 2006 15:38
123.	 Prime Rib	Diane Marie	12	Dec 27, 2005 13:42
124.	 Hamburger Gravy & Mashed Cauliflower	DebB	23	Dec 22, 2005 19:22
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127.	 Unstuffed cabbage rolls/cabbage rolls	JCnmyheart	0	Nov 19, 2005 07:34
128.	 Maystard Burgers?	WinterRose68	4	Nov 1, 2005 15:54
129.	 Alice Jo's Spaghetti Sauce (YUM!)	DebB	21	Oct 28, 2005 20:58
130.	 Beef Osso Bucco with Gnocchi	mjlbbey	4	Oct 11, 2005 01:32
131.	 smokey chipotle	glassart	2	Oct 2, 2005 09:44
132.	 Steak with Shallot-Gorgonzola Butter or 3 Chili Bu	sparkles	0	Sep 22, 2005 16:22
133.	 Rib Eye Steaks with Bearnaise Butter	sparkles	0	Sep 22, 2005 16:02
134.	 need recipe for bbq beef ribs!	KatyJ	4	Aug 29, 2005 07:13
135.	 BBO Beef Ribs Cuban Style	wired_foxterror	3	Aug 12, 2005 10:02
136.	 ***Slow-Cooked Ribs	Twiggy88	5	Aug 12, 2005 09:59
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138.	 Ricotta beef pie..	carolannb	27	Aug 4, 2005 15:10
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141.	 easy shephard pie	zookeeper	2	Jul 4, 2005 14:19
142.	 Taco casserole..off DebB's website..	carolannb	1	Jul 2, 2005 20:01
143.	 Fandango Sirloin Steak	matantej	0	Jun 19, 2005 09:16
144.	 taco meat	leener3boys	13	Jun 17, 2005 14:18
145.	 Taco Salad	ecohousekeeper	2	Jun 17, 2005 14:17
146.	 Beef with Soy Mustard Glaze	iwillrejoice	4	Jun 15, 2005 19:08
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153.	 Italian Spaghetti Squash Alfredo	LilLooLoo	1	Apr 18, 2005 17:52
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156.	 brachiole	gloriacap	10	Apr 8, 2005 09:06
157.	 Grilled Rib-Eye Steak w/ Steakhouse Herb Butter	iwillrejoice	4	Apr 6, 2005 21:02
158.	 Layered Enchilada Dinner	AmyLS	4	Apr 4, 2005 10:16
159.	 Italian Casserole..	carolannb	2	Apr 3, 2005 20:18
160.	 Succulent Sirloin Steak	Sweet Dream	1	Apr 1, 2005 15:59
161.	 Nana's Stuffed Cabbage	Corey Hickey	2	Mar 30, 2005 08:59
162.	taco casseroel	ednamartha	0	Mar 14, 2005 09:26

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56.		Low Carb Meatloaf	artgirl67	8	Jun 30, 2007 13:48
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64.		Carne con Chile	p_hernandez	0	Apr 20, 2007 17:52
65.		Sloppy Joes!	IWedRich	3	Apr 15, 2007 14:02
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79.		All beef chili for hot dogs or other	mamabj	5	Nov 13, 2006 13:18
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96.		Beef Garlic with Cabbage and Peppers	IWedRich	0	Sep 11, 2006 18:06
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98.		"Spaghetti" Pie	Debits2000	3	Aug 14, 2006 14:45
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110.	 Mozzarella & "Rice" Bake	Twinkle	4	Mar 20, 2006 09:18
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126.	 Ground Beef	debsask	8	Nov 21, 2005 07:12
127.	 Unstuffed cabbage rolls/cabbage rolls	JCnmyheart	0	Nov 19, 2005 07:34
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133.	 Rib Eye Steaks with Bearnaise Butter	sparkles	0	Sep 22, 2005 16:02
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146.	 Beef with Soy Mustard Glaze	iwillrejoice	4	Jun 15, 2005 19:08
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153.	 Italian Spaghetti Squash Alfredo	LilLooLoo	1	Apr 18, 2005 17:52
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165.		Round Steak with Garlic Wine Sauce	Sweet Dream	0	Mar 2, 2005 05:51
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174.		Bacon Cheeseburger Quiche	iwillrejoice	1	Dec 5, 2004 22:10
175.		Deviled Hamburgers	iwillrejoice	1	Dec 5, 2004 06:45
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184.		Beef Stroganoff	phoffer	2	Oct 12, 2004 11:31
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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Like Velveeta Rotel Main Dish**

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Author	Posting
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DebB Posted - 28 October 2005 21:8  

Now - how's that for a name? I didn't name it folks ~ just passing it along. I just entered this one on my site - Mmmmm good! And simple? Oh yeah....

This recipe was posted by cjack1 @ Low Carb Friends and I'm just going to type it up as I made it. I didn't "change" the ingredients, just increased them a bit :)

Do you know what? I think even if you don't like cabbage - you'd like this dish! My husband just loved it. He's so much fun to cook for cuz he's not PICKY!

=====

Like Velveeta Rotel Main Dish
Level 1 ~ Pro/Fat/Veggie

2 pounds hamburger
2 (10 ounce) cans Rotel tomaotes, "Original" flavor
1 small head green cabbage, sliced very thin
12-16 ounces American cheese
Salt to taste

Brown hamburger and drain. Add Rotel tomatoes, salt and cabbage. Simmer, covered until cabbage is tender 20-30 minutes. Then I drained out the clear juice that cooked off the cabbage. I wanted the mixture fairly "dry". Add cheese and mix well after cheese melts.

Add a dollop of sour cream after you've dished it up - Mmmm good!

~ Notes ~

cjack states that you can buy "Angel Hair Cole Slaw" mix at Kroger and Walmart. Its only ingredient is green cabbage. My Walmart doesn't carry it...

I recommend using the American cheese in this recipe, versus something like Cheddar. The American cheese will melt very smoothly like Velveeta. I got my cheese in the deli at the grocery store.

*Rotel - If you're not familiar with Rotel, here's their URL that will show you what it looks like. If you cannot find it - it's simply diced tomatoes with green chiles. There are now other brands of these kinds of tomatoes. It's not hot/spicy (the original flavor, other flavors are hotter!) - but it does have a very nice flavor. Definitely not the same as just adding a can of diced tomatoes.

Rotel's site: <http://www.texmex.net/Rotel/main.htm>

Started Somersizing 2-01
Our favorite Tried & True SS recipes:

<http://recipecircus.com/recipes/SomersizinDebB/>

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **FREEZE WELL: Swiss Steak**

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Author	Posting
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Liz01219 Posted - 27 August 2007 14:26  

Just needed to eliminate the carrots to SS this

2 lbs. round steak, trimmed of excess fat
salt and pepper to taste
1 1/2 cups chopped onion
1 tsp. minced garlic
1/2 mushrooms, sliced
1 (15.5oz) can chopped tomatoes with their juice
1 (8 oz.) can tomato sauce

Season with salt and pepper.

In a large non stick skillet coated with non stick cooking spray, saute the onion, garlic and mushrooms over medium heat until tender, about 5 minutes.

Add the steak to the skillet and brown on both sides for about 7 minutes. Add the tomatoes, tomato sauce. Bring to boil, reduce the heat and cook, covered, until the meat is very tender, about 1 1/2 to 2 hours.

TO PREPARE AND EAT NOW:

Eat when ready

TO FREEZE:

Cool to room temp., then wrap, label and freeze.
Recommended freezing time: up to 2 months

TO PREPARE AFTER FREEZING:

Defrost.

Reheat in non stick skillet over low heat until well heated.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Tyler Florence-Beef Stroganoff**

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Author	Posting
roweena	Posted - 6 April 2008 11:33  

We made this for a dinner part once, it was a HUGE hit, well worth the cooking and prep time :)

Beef Stroganoff:

3 cups beef stock
 6 sprigs fresh thyme
 1 bay leaf
 2 pounds chuck roast, cut into 2-inch cubes
 Kosher salt and freshly ground black pepper
 6 tablespoons extra-virgin olive oil
 1 medium onion, chopped
 5 tablespoons unsalted butter
 1 pound mushrooms, sliced
 3 cloves garlic, chopped
 2 tablespoons sour cream, plus more for garnish
 1 tablespoon Dijon mustard

Heat the beef stock, 3 thyme sprigs, and bay leaf. Pat the beef dry and season it with salt and pepper. Heat 3 tablespoons oil in a large heavy bottomed skillet over high heat. Fry the meat in batches so that it is browned on all sides. Lower the heat to medium and return all the meat to the pot. Add the onions and cook until they are soft, about 5 minutes. Add the beef stock, discarding the carrot, thyme sprigs, and bay leaf. Cook, partially covered, over a very low flame for 1 1/2 to 2 hours.

In a large skillet over medium heat, melt 3 tablespoons butter in the remaining 3 tablespoons olive oil. Add the mushrooms, garlic, and remaining 3 thyme sprigs and cook until the mushrooms are browned and cooked through. Remove from heat and set aside.

When the meat is done, remove it from the heat and fold in the mushrooms, sour cream, mustard, and parsley. Taste and adjust the seasoning with salt and pepper.

Started SS 2/25/08
 227/212/160

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **No dough meatcrust pizza**

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Author	Posting
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mammajo47	Posted - 8 January 2009 9:13  
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I got this low carb recipe from another site and thought that you might enjoy it. I am looking forward to making it myself. Might even try mixing Italian sausage with it too and other veggies. M-m-m-m-m!!!!!!

ENJOY

SERVES 2 -4

Ingredients

- 1 lb lean ground beef
- 2 cups shredded part-skim mozzarella cheese, divided
- 1/2 cup low-sugar pizza sauce (I use Ragu)
- diced Canadian bacon
- low-fat pepperoni
- turkey pepperoni (optional)
- onion
- green pepper
- mushroom
- tomato (optional)
- your favorite pizza seasoning, to taste

Directions

- 1Preheat oven to 350 degrees.
- 2Meanwhile, brown the ground beef; drain.
- 3Place meat in a mixing bowl and mix with 1 cup of mozzarella.
- 4Spread the mixture into a circle on a round pizza pan or baking stone (I prefer the stone); and top with 1/2 cup pizza sauce.
- 5Top with the rest of the mozzarella, optional toppings and seasonings.
- 6Bake for about 25 minutes or until cheese is melted and browned.

starting weight 228 lbs

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Author	Posting
cubbiegal	Posted - 19 March 2005 4:17  

I was looking for something to do with cabbage from St. Patty's Day and found this in my recipe box, gonna try it for lunch. Im not sure where this came from....but sounds good!! And since cabbage is cheap right now and good way to make use of it.

12 oz lean ground beef (i'll use a lb)
 1 c. chopped onion
 1/2 medium sized head of cabbage
 1 28 oz can crushed tomatos (i will use tomator sauce instead)
 1 T light brown sugar (will use the substitute)
 1 T vinegar
 1/2 t salt

Crumble beef into a 4-5 quart dutch oven. Add onions and cook over medium heat for 5-6 minutes til beef it lightly browned. Quarter and core cabbage. Cut crosswise in 1 inch wide strips, should have about 8 cups. Add to meat mixture. Cover and cook over medium heat 5-7 minutes, stirring occasionally, until cabbage wilts.
 Stir in tomatos, sugar, vinegar and salt. Bring to a boilm reduce heat. Cover and simmer, stirring occasionally for about 10 minutes or til cabbage is tender.

Enjoy!

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Author	Posting
cubbiegal	Posted - 19 March 2005 4:17  

I was looking for something to do with cabbage from St. Patty's Day and found this in my recipe box, gonna try it for lunch. Im not sure where this came from....but sounds good!! And since cabbage is cheap right now and good way to make use of it.

12 oz lean ground beef (i'll use a lb)
 1 c. chopped onion
 1/2 medium sized head of cabbage
 1 28 oz can crushed tomatos (i will use tomator sauce instead)
 1 T light brown sugar (will use the substitute)
 1 T vinegar
 1/2 t salt

Crumble beef into a 4-5 quart dutch oven. Add onions and cook over medium heat for 5-6 minutes til beef it lightly browned. Quarter and core cabbage. Cut crosswise in 1 inch wide strips, should have about 8 cups. Add to meat mixture. Cover and cook over medium heat 5-7 minutes, stirring occasionally, until cabbage wilts.

Stir in tomatos, sugar, vinegar and salt. Bring to a boilm reduce heat. Cover and simmer, stirring occasionally for about 10 minutes or til cabbage is tender.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Chili Like Wendy's ~ Merrilee Wagner**

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Author	Posting
DebB	Posted - 20 September 2003 16:18  

Chili Like Wendy's

Saute:

2 cups chopped onion (sweet if possible) I chopped my onions in my food processor

4 cloves garlic, chopped fine -or- 1 T of jar garlic

2 T olive oil

Add and simmer:

1 (4oz) can green chili peppers (could add more)

2 (29oz) cans of tomato sauce

1 (14oz) can beef broth - Swanson's 99% fat-free

8 T chili powder

3 tsp salt

4 T cumin powder

3 tsp oregano

1 tsp pepper

1 tsp cayenne pepper

1/2 tsp brown Sugar Twin

In separate skillet, saute and drain 3 pounds hamburger.

Combine the simmered sauce and onion-garlic mixture with the hamburger for 15 minutes. Taste for adjustments.

Serve with sour cream and shredded Colby or cheddar cheese. Tastes like Wendy's without the beans.

Merrilee Wagner @ SS site

Deb's notes: I brown the 3# of hamburger together with the onions and garlic.

I use 3 cups of chopped, sweet onion and 2 T of garlic in the jar.

I add 2 cans of the (chopped) green chilis . I do not use the 2 (29oz) cans of tomato sauce. Instead, I use: 3 (15oz) cans of tomato sauce, 1 (14oz) can of

Rotel (the blue can) and 1 (15oz) can of plain chopped tomatoes.

I use only 3 T of chili powder, 2 T cumin, and 1/2 tsp of cayenne pepper. I omit the brown Sugar Twin

Started Somersizing 3-01
270/175/165
sdbruce@amerion.com

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **African Curry (spicy & sweet)**

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Author	Posting
roweena	Posted - 7 April 2008 17:24  

I found this recipe a couple months ago on allrecipes.com. I altered it just a little, you can use chicken too! It is a little sweet, spicy and creamy, YUM!

1 tablespoon olive oil
 1 onion, chopped
 3-4 cloves garlic, peeled and sliced
 2 bay leaves
 1 (14.5 ounce) can diced tomatoes
 3-4 teaspoons Indian curry powder (I use Garam Masala-most large grocery stores will have this)
 1/2 teaspoon salt
 2 to 3 pounds beef sirloin (or similar cut) or chicken cut into bite-size pieces
 3/4 cup heavy cream
 1 teaspoon coconut extract
 1 splenda packet
 juice of half a lemon ****KEY****

1. Heat olive oil in a large, heavy skillet or soup pot over medium heat. Stir in the onion, garlic, and bay leaf, and saute until onion is lightly browned.
2. Mix tomatoes, curry powder, sugar, and salt into the skillet, and continue cooking about 5 minutes.
3. Mix in the meat, and simmer for 10-15 minutes, until meat is fully cooked.
4. Reduce heat to low. Gradually blend in the "coconut cream" and stir well. Continue cooking until you get the desired thickness and meat is tender.
5. Turn off heat and add in a little lemon juice at a time, just until you get the desired tartness.

I used to eat this with rice or naan (like pita bread), but since that is off limits I had mine with mock potato salad. I know it sounds wierd, but it was a great combo! Spicy and hot with cool and creamy...so good! This would also be good with a creamy cucumber salad :)



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Author	Posting
luvmy2boyz	Posted - 10 April 2008 14:43  

I Somersized one of my favorite recipes...it came out pretty good. I'll include the original non - Somersized version in case someone has a better suggestion for substitutions. Enjoy!

Sweet & Sour Meatloaf:

Somersized...

Meatloaf Portion

1 1/2 lb. ground beef

1 1/4 cup parmesan cheese (shaker)

1 tsp salt

1/4 tsp pepper

2 eggs

1 tsp instant minced onions

2 8 oz cans tomato sauce (Note: one is used for meatloaf; one can is used for topping)

Topping:

1 can tomato sauce

5 & 3/4 tsp Somersweet

2 tbs white vinegar

2 tsp bottled yellow mustard

Mix together beef, parm cheese, salt, pepper & eggs. Add minced onions & 1 can of tomato sauce. Form into a bread loaf pan. (you may want to spray it with Pam first)

Bake at 350 degrees for 50-55 min. Take out of the oven and poke holes in meatloaf with fork.

Once out of the oven...in a saucepan combine the topping ingredients and let it come to a boil. Pour liberally over meatloaf, so it soaks in, you will have quite a bit of excess on top. It soaks in while you cook. Bake for 10 minutes more. I served it with mashed turnips.

Original Non - Somersized Version:

Sweet & Sour Meatloaf:

Meatloaf Portion

1 1/2 lb. ground beef

1 cup dry bread crumbs

1 tsp salt

1/4 tsp pepper

2 eggs

1 tsp instant minced onions

2 8 oz cans tomato sauce (Note: one is used for meatloaf; one can is used for topping)

Topping:

1 can tomato sauce
2 tbs brown sugar
1/2 cup sugar
2 tbs white vinegar
2 tsp bottled yellow mustard

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God Bless,

luvmy2boyz



"Blessed are the pure in heart, for they shall see God"

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Salsbury Steak (Salisbury?)**

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Author	Posting
SinginSOMERSong	Posted - 11 February 2008 22:23  

I remember having this at home when I was growing up, but Campbell's tomato soup was used as the base. Give this one a try.

1 lb lean ground beef (gr turkey can be substituted) formed into thin patties(handle gently to prevent toughing of meat)

1 1/2 - 2 cups tomato sauce (no sugar added)
 3 Tbs heavy cream
 1/4 to 1/2 yellow onion,thinly sliced
 1 tbs Worchestershire Sauce
 black pepper as desired

Preheat oven to 350 degrees. Form patties and place in an oven safe dish without overlapping. Combine other ingredients and pour over the meat patties. Place foil over the baking dish and bake for 30 mins.until onions and patties are cooked through, then remove the foil and continue baking another 5-10 mins to thicken the sauce. Serve over a mild flavored vegetable such as spaghetti squash,faux mashed potatoes(cauli-flower),or with yellow crookneck squash. That's it! I hope you'll give it a try sometime. I made a vegetable mix of yellow squash, broccoli, onion, and red bell pepper and shreds of fresh parm to top it as a side for this tonight. ~-Singin'



** Please read on to postings on this, and discover some additions you're SURE to enjoy! Thanks for input,mamalaurie,Blue,Liz,marie...and any who have more tweaks...c'mon back here to share! :0)

Edited by - SinginSOMERSONG on 10/14/2008 12:05:29 PM

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Author	Posting
gemdetectivemdr	Posted - 19 September 2008 22:31  

Grill eggplant + then use it as the bun for the hamburger, put all the extras you like on the hamburger...You must use a fork to eat it...enjoy

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bacon Double Cheeseburger Pizza**

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Author	Posting
artgirl67	Posted - 30 January 2005 11:22  

Ok... here it is! The recipe I put together on Friday night, and it turned out so fabulously yummy! Because I didn't have all the ingredients to do one of the recipes I had, I combined two and came up with the yummiest pizza I've had in ages!

The recipe for the crust comes from Rondaren's Deep Dish Pizza recipe, and the topping is an adaptation of iwillrejoice's Bacon Cheeseburger Quiche recipe! So thank you to both of them for the inspiration for this recipe!

I hope you enjoy it as much as we did here! :o)

BACON DOUBLE CHEESEBURGER PIZZA

CRUST:

4 oz. cream cheese, softened

2 eggs

1/3 cup cream (leave out for a crispier crust) - I added cream to mine, may try leaving it out next time to see the difference...

1/4 cup grated Parmesan cheese (I used Kraft in the can)

1/2 teaspoon oregano

1/2 teaspoon garlic powder

2 cups mixed cheddar & mozzarella cheeses, grated (original recipe calls for cheddar and monterey jack)

Note: Next time I think I will double the crust recipe to make a thicker crust.)

Preheat oven to 375F. Beat together the cream cheese and eggs until smooth. Add cream, if using, Parmesan and spices and mix again. Grease an oblong casserole dish or pizza pan with olive oil and sprinkle the shredded cheeses into the bottom of the dish. Pour egg mixture evenly over the cheese. Bake for about 30 minutes, then remove from oven and let stand. Turn oven down to 350F.

TOPPING:

1 lb. lean hamburger

1/2 to 1 onion, chopped

4-6 slices bacon, cooked crisp & crumbled

1/2 cup mayonnaise

3-4 cloves garlic, minced

1/2 teaspoon oregano

Salt & freshly ground black pepper

More shredded cheddar and mozzarella cheese

Brown hamburger in skillet with the onion and garlic, & salt and pepper to taste. Remove and drain, if needed. Return to the skillet and over low heat, add in bacon pieces and mayonnaise. Mix thoroughly, and also add some

shredded cheese, mixing it in as it melts. Add topping mixture on top of your prepared crust. Cover with shredded cheeses and another light dusting of oregano. Bake in 350F oven for about 30-40 minutes. When cheese is bubbly and golden, remove from oven and let stand for 10 minutes before serving.

Enjoy!!! :o)

~*~Wendy~*~

Re-started this WOE Jan.3/05

262 / 254.5 / 125

"The journey of a thousand miles, begins with a single step."

"If you take the leap, you may be taught how to fly."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Tyler Florence-Delicious Pot Roast!**

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Author	Posting
roweena	Posted - 6 April 2008 11:32  

This is one of my fav recipes of Tyler's that I've tried to date. So good and FLAVORFUL, worth of serving to guests!

Pot Roast:

- 1 (3 to 4 pound) piece beef chuck roast, trimmed of excess fat
- Kosher salt and freshly ground black pepper
- 3 tablespoons olive oil
- 1 cup canned crushed tomatoes
- 1 cup water
- 2 red onions, halved
- 2 garlic cloves, chopped
- 2 celery stalks, sliced
- 1 cup button mushrooms, stems removed
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 2 bay leaves
- 1/2 cup of red wine-THIS IS KEY!

Season all sides of the beef with a fair amount of salt and pepper. In a large Dutch oven or other heavy pot that has a tight cover; heat 2 tablespoons of the oil over moderately high heat. Brown the meat on all sides, taking the time to get a nice crust on the outside, about 15 minutes total. Pour in the tomatoes and the water. Scatter the vegetables and herbs around the pot roast, season with salt and pepper; and drizzle with the remaining tablespoon of oil, and add in the wine. Cover the pot and reduce the heat to low. Braise for about 3 hours, basting every 30 minutes with the pan juices, until the beef is fork tender.

Slice the pot roast and arrange on platter surrounded by the vegetables. Serve with the pot juices.

Started SS 2/25/08
227/212/160

Edited by - roweena on 4/7/2008 8:31:14 AM

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- 2 bay leaves
- 1/2 cup of red wine-THIS IS KEY!

Season all sides of the beef with a fair amount of salt and pepper. In a large Dutch oven or other heavy pot that has a tight cover; heat 2 tablespoons of the oil over moderately high heat. Brown the meat on all sides, taking the time to get a nice crust on the outside, about 15 minutes total. Pour in the tomatoes and the water. Scatter the vegetables and herbs around the pot roast, season with salt and pepper; and drizzle with the remaining tablespoon of oil, and add in the wine. Cover the pot and reduce the heat to low. Braise for about 3 hours, basting every 30 minutes with the pan juices, until the beef is fork tender.

Slice the pot roast and arrange on platter surrounded by the vegetables. Serve with the pot juices.

Started SS 2/25/08
227/212/160



Edited by - roweena on 4/7/2008 8:31:14 AM

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Author	Posting
roweena	Posted - 9 April 2008 10:52  

We buy organic meat by the 1/4 or 1/2 cow, so we always have lots of hamburger meat! Great for tacos and burgers, but sometimes I want something different and found this recipe in my "500 more low-carb recipes" book. I altered it just slightly.

Just a quick note: I didn't use anything to thicken it, so it was a little "soupy", but I liked it that way. How would you guys thicken it if needed?

1 tablespoon oil
 1 pound ground beef
 1/2 an onion, diced
 1 garlic clove-minced/pressed
 1/2 cup beef broth
 1/2 cup red wine
 3/4 cup sour cream
 salt and pepper to taste

1. Heat the oil in a large skillet or pot over medium heat. Put in the onions and garlic and cook for about 2 minutes.

2. Add in the ground beef, make sure to crumble it up and let it cook all the way thru.

3. Add in the beef broth and wine, turn heat down a little and let it all simmer for about 10 minutes.

4. Add in the sour cream and let it cook for another few minutes. Salt and pepper to taste.

I ate mine on top of canned green beans and it was really good! But this would be great with faux mashed potatoes or on top of other steamed veggies.



Started SS 2/25/08
 227/210.5/160

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Author	Posting
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Twiggy88 Posted - 20 September 2003 5:18  

Cheeseburger Pie

1 lb. ground beef
1 cup chopped onion
1 cup shredded cheddar cheese
1/2 cup cream
1/2 cup water
2 eggs

Dilute 1/2 cup cream with 1/2 cup water.
Brown and drain beef; spread in bottom of greased pan; sprinkle with cheese. Stir remaining ingredients and pour into pan.
Bake at 400F degrees for 25 minutes.

***twiggy88

Edited by - twiggy88 on 10/27/2003 10:15:07 AM

Edited by - twiggy88 on 11/29/2006 4:02:01 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Country Meatloaf with Tomato Relish**

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Author	Posting
MsTified	Posted - 29 April 2008 8:22  

I got this from this site some time ago. MJLibby posted it so I guess she changed Tyler's recipe to make it legal. Gotta tell ya ... it's fabulous. DH doesn't really like meatloaf - he loved this! I, of course, made some changes ... noted in parentheses after the original ingredient.

Country Meat Loaf with Tomato Relish Tyler Florence

Tomato relish:

2 tablespoons olive oil
 2 garlic cloves, minced
 2 bay leaves
 1 (1/2) onion, diced
 2 (1) red bell peppers, seeded and chopped
 2 (1) tomatoes, seeded and chopped
 1/4 cup chopped flat-leaf parsley
 1 tablespoon Worcestershire sauce
 12 (6) ounces bottled sugar free ketchup

Meatloaf:

1½ (1) pounds ground beef
 1 pound ground pork
 3 (1) large egg
 2 tablespoons fresh thyme leaves
 Salt and pepper, to taste

1. For the tomato relish, coat a skillet with olive oil and place over medium heat. Sauté the garlic, bay leaves, and onion together until they caramelize. Add the red peppers and cook until soft. Add the tomatoes, parsley and Worcestershire sauce, cook for 10 minutes until the vegetables cook down. Stir in the ketchup and continue to cook until heated through, about 5 minutes. Remove from heat.

2. In a large mixing bowl, combine the ground beef and pork together with your hands. Fold in 1/2 cup of the tomato relish. Add the egg and thyme and mix with both hands just until blended. Do not over mix or the meat loaf will become dense and tough. Season with salt and pepper. Coat a 9 by 5-inch loaf pan with nonstick spray. Fill the loaf pan with the meat mixture, mounding it a bit on top. Generously spoon some tomato relish on the surface (you don't have to use it all). When cooked, this will form a top crust. Place the loaf pan on a cookie sheet and bake in a preheated 350 degrees F. oven for 1 to 1½ hours or until the meat loaf has pulled away from the sides of the pan. Remove from pan, allow to cool slightly before cutting into slices. Serve with remaining sauce on the side.

Note: I did not try to remove it from the loaf pan! I just cut it there and served it.

I served this with steamed turnips and cauliflower that I then mashed with about 1/4 cup cream cheese and 2 tablespoons of butter. YUM! I've always made my "mashes" with celery root and cauliflower -- but gotta say, made with turnips was YUM-O! ~Ü~

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"MsTified (Kate)

05/2001: 148/126 (reached goal then slipped)

Back Again: 136/130/126

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Flat-Iron Steak with Chile-Honey Butte**

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Author	Posting
MsTified	Posted - 7 April 2008 9:14  

Grilled Flatiron Steak with Chile-Honey Butter & Drunken Onions
 From: "The Northwest Best Places Cookbook"
 Serves 4

4 flatiron steaks, 3/4" thick
 Salt & Pepper, to taste
 Chile-Honey Butter
 1 dried ancho chile
 1 dried New Mexico chile
 2 cloves garlic, unpeeled
 2 sun-dried tomatoes (plumped in hot water for 10 minutes)
 1 tablespoon tequila (optional, I suppose, but if you don't use, double the lime juice)
 1 tablespoon fresh lime juice
 1/8 teaspoon dried oregano
 1/8 teaspoon ground cinnamon
 1 cup unsalted butter, at room temp
 2 tablespoons honey substitute
 Salt, to taste
 Drunken Onions
 3 tablespoons olive oil
 2 sweet onions, thinly sliced
 1 tablespoon ancho chile powder
 1 teaspoon ground cumin
 1/4 cup tequila **
 2 tablespoons fresh lime juice
 Salt, to taste

1. For Chile-Honey Butter: Lightly toast the dried chiles in a medium skillet over medium-high heat until aromatic, about 5 minutes, gently tossing so they toast evenly. Transfer chiles to small bowl, add warm water to cover and set aside to soak until soft, about 30 minutes.
2. While the chiles are soaking, toast the garlic cloves in the same skillet until the skin has blackened and the garlic is aromatic and beginning to soften, about 10 minutes, tossing so it toasts evenly. Let the garlic cool until it is easy to handle, then peel away and discard skin.
3. Drain the chiles and remove stems, cores and seeds.
4. Combine the chiles, garlic, sun-dried tomatoes, tequila, lime juice, oregano and cinnamon in a food processor. Pulse to finely chop. Add the butter and honey and continue blending to make a smooth mixture. Season to taste with salt and refrigerate until ready to serve. The butter can be made up to one week in advance and refrigerated.)
 NOTE: This makes a LOT of butter, but it can be frozen in air-tight container.
5. For the Onions: Heat the oil in large skillet over medium-high heat, add the onions and cook, stirring often, until they begin to soften, about 10

minutes. Stir in the ancho chile powder and cumin and sauté until spices are aromatic, about 5 minutes. Remove pan from heat and add tequila and lime juice. Return pan to heat and very carefully light the tequila with a long match. Gently shake the pan until the flames subside. Reduce the heat to medium-low and continue cooking, stirring occasionally, until very tender, about 20 minutes longer. Season to taste with salt and keep warm over low heat.

6. Preheat outdoor grill. Season steaks with salt and pepper. When the grill is heated, lightly brush grill rack with oil and grill steaks 3 to 5 minutes per side for medium-rare, or longer to suit taste.

7. To serve, top each of the hot steaks with a heaping tablespoon of butter and spoon onions alongside.

NOTE: This is FABULOUS! Be sure to make butter and onions ahead, as much as 2 days is fine.

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"MsTified (Kate)

05/2001: 148/126 (reached goal)

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Edited by - MsTified on 4/7/2008 9:15:56 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **London Broil w/ Teriyaki Srirachi Sauce**

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Author	Posting
IWedRich	Posted - 17 September 2006 14:19  

I developed this Thursday night to eat with DebB's Faux Fried Rice. And let me just say YUMM-EE!!

1 London Broil
 1 bunch fresh Asparagus
 1 recipe of Teriyaki Sriracha Sauce (below)

Cut London Broil in half long ways so you have 2 long strips to work with. Slice beef into very thin pieces, cutting at an angle.

Cut Asparagus into 1 1/2 inch pieces. Toss into bowl with 1/2 of the sauce and marinade for an hour.

In a hot skillet or wok place about 2T peanut oil. Quickly fry the beef and asparagus. Use tongs to keep the meat moving in the wok.

Pour out onto a plate and top with remaining sauce.

TERIYAKI SRIRACHA MARINADE AND SAUCE

1 c. granular (pourable) Splenda
 1 c. sugar free breakfast syrup
 2/3 c. soy sauce
 2 T. Sriracha Hot Chili Sauce (Asian section of market)
 2 t. sesame seeds (toasted)
 4 t. red wine vinegar
 1 T. minced garlic

Mix all together.

Serve the London Broil with DebB's Faux Fried Rice.

DELICIOUS!!

PS: My picky 12 yr old said the rice was awesome - she didn't even know it was cauliflower!!

Lovin' Jesus and Lovin' Life!

Edited by - IWedRich on 9/17/2006 2:33:10 PM

Edited by - IWedRich on 9/17/2006 2:34:38 PM

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Author	Posting
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JulieJafar Posted - 20 April 2008 12:12  **Fajita Stir Fry**

Julie Jafar

2.29 lb Sirloin Beef Steak

2 Medium onions sliced

2 Bell Peppers Sliced (one orange and one yellow—but any color will work)

Can of Extra Hot Rotel

SUZANNE South West Salt Rub

SUZANNE Carne Asada Rub

Olive Oil

I'm always trying to think of ways to use the SUZANNE products and tonight I pulled out a frozen steak and though Fajitas. I started by rubbing the steak with olive oil then coating one side with South West Rub and then heavy with the Crane Asada Rub. I let this rest for a couple hours then sliced up the onions and peppers. I started cooking the onions in olive oil and then began slicing up the steak into strips. I added more Carne Asada Rub over the meat. Once the onions began to caramelize I added the meat and let it cook for about a minute then added the Rotel and after another minute the peppers. Cooked the meat until it was done to my liking and it was ready to eat.

The end result is a bit soup so if you want you could drain the Rotel before you add it or just skip it all together. I wanted my dish hot so I thought the Rotel would be nice but an alternative is jalapeno peppers and a free tomato.

Serve as Fajitas (use a slotted spoon) or over brown rice. I had mine mixed with Tofu Shirataki Spaghetti shaped noodles. Note the brown rice or tofu noodles make this Level 2 other wise enjoy with some cheese and sour cream for a great level 1 SSed meal. Maybe top some mixed salad greens for a wilted salad:)

I hope you enjoy as much as we did!

Julie

AR Julie

SSer since 1 Oct 2001

<http://www.suzanne24.com/arjulie>

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Author	Posting
indyemmert1	Posted - 5 November 2005 7:42  

Here's Peter Neuman's recipe for Italian Style Chili. It's one of my favorite recipes! I got off this site when I first started SSing in 2003(!). I don't know who posted it then, but I'll include their comments. I'll put my comments at the end (like DebB!)

Peter's Italian Style Chili

2 lbs. ground beef
 1/2 tsp. ground oregano
 1/2 tsp. ground cumin (I omit)
 1/2 tsp. ground ginger
 1/2 tsp. ground coriander seed
 1/4 tsp. garlic powder
 1/2 tsp. ground thyme
 1 tbs. dried minced onion
 1 tbs. dried chives
 1 1/2 tsp. chili powder
 1/2 tsp. cayenne pepper
 1 1/2 tsp. dried oregano leaves
 1 tbs. basil leaves
 1 tsp. tobasco sauce (omit if you like it less spicy)
 1/2 tsp. white pepper (reduce it to 1/4 tsp. if you like it less spicy)
 1/2 tsp. salt
 1 1/2 large tomatoes, cut into large cubes (I use 1 or 2 cans Hunts diced tomatoes)
 1 large onion, finely chopped
 5 celery stalks, chopped (I omit and substitute 12-oz. pkg white mushrooms, sliced)
 3 tbs. olive oil
 dash of salt
 5 cups tomato sauce (use 4 cups if not using the cheese, as the cheese thickens it)
 1 med. green pepper, chopped into small pieces
 1 c. shr. mozzarella cheese
 1 c. shr. Cheddar cheese

Directions:

Cook beef in a large frying pan over medium heat until browned. Add all of the spices and mix well. Add the tomato, stir until combined and reduce heat to low. Keep on low heat while making the rest of the chili. In a large stockpot over medium heat, add olive oil. Wait one minute for the oil to heat up, and add the onions and celer (or mushrooms). Add the dash of salt. Let cook 15 minutes, until onions and celery (or mushrooms) are weepy and the onions become slightly translucent. Stir every few minutes to ensure nothing burns onto the bottom of the pot. Add green pepper and cook an additional 5 minutes, making sure not to

burn anything. Add the meat mixture to the stockpot and stir to combine. Stir in the tomato sauce and heat until almost boiling, about 5-7 minutes. Add the cheese (optional) and stir until cheese is melted and fully incorporated into the chili. Serve hot.

My comments: I omit the cumin, tobasco, and chives. I also use the canned tomatoes, and I skip the whole onions, celery and green pepper step. Basically, I brown the meat, add the spices, tomatoes, tomato sauce, and cheese. The whole thing takes about 30 minutes start to finish. It's a great weeknight recipe, and it's also great for a party (such as Super Bowl). I make a double batch and keep it warm in the crockpot. Everyone loves it and asks for the recipe!

Phil. 4:13

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[search](#)Click [here](#) to show the most recent reply first.[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Peter's Italian Style Chili**[Send Topic To a Friend](#)

Author	Posting
indyemert1	Posted - 5 November 2005 7:42  

Here's Peter Neuman's recipe for Italian Style Chili. It's one of my favorite recipes! I got off this site when I first started SSing in 2003(!). I don't know who posted it then, but I'll include their comments. I'll put my comments at the end (like DebB!)

Peter's Italian Style Chili

2 lbs. ground beef
 1/2 tsp. ground oregano
 1/2 tsp. ground cumin (I omit)
 1/2 tsp. ground ginger
 1/2 tsp. ground coriander seed
 1/4 tsp. garlic powder
 1/2 tsp. ground thyme
 1 tbs. dried minced onion
 1 tbs. dried chives
 1 1/2 tsp. chili powder
 1/2 tsp. cayenne pepper
 1 1/2 tsp. dried oregano leaves
 1 tbs. basil leaves
 1 tsp. tobasco sauce (omit if you like it less spicy)
 1/2 tsp. white pepper (reduce it to 1/4 tsp. if you like it less spicy)
 1/2 tsp. salt
 1 1/2 large tomatoes, cut into large cubes (I use 1 or 2 cans Hunts diced tomatoes)
 1 large onion, finely chopped
 5 celery stalks, chopped (I omit and substitute 12-oz. pkg white mushrooms, sliced)
 3 tbs. olive oil
 dash of salt
 5 cups tomato sauce (use 4 cups if not using the cheese, as the cheese thickens it)
 1 med. green pepper, chopped into small pieces
 1 c. shr. mozzarella cheese
 1 c. shr. Cheddar cheese

Directions:

Cook beef in a large frying pan over medium heat until browned. Add all of the spices and mix well. Add the tomato, stir until combined and reduce heat to low. Keep on low heat while making the rest of the chili. In a large stockpot over medium heat, add olive oil. Wait one minute for the oil to heat up, and add the onions and celer (or mushrooms). Add the dash of salt. Let cook 15 minutes, until onions and celery (or mushrooms) are weepy and the onions become slightly translucent. Stir every few minutes to ensure nothing burns onto the bottom of the pot. Add green pepper and cook an additional 5 minutes, making sure not to

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Flat Iron Steak Recipe Continued**

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Author	Posting
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MsTified Posted - 7 April 2008 9:19  

Poster Deleted - added to original Flat Iron Steak Recipe

Edited by - MsTified on 4/29/2008 8:24:27 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **St. Patrick's Day Shepherd's Pie**

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Author	Posting
mizztucker	Posted - 10 March 2008 7:39  

Hey all! I always make shepherd's pie for our family using the pureed cauliflower on top instead of potatoes, but last night I did a little experiment. I used 1 bag of frozen cauliflower and 1 bag of frozen broccoli florets. Steamed and pureed. It was greeeeeeen and i didn't think my DSD would eat it but she did and loved it!!! I thought it would be a fun dish to make for our upcoming holiday.

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Author	Posting
gridmama	Posted - 19 March 2004 18:25  

Its a little work, but a yummy casserole

2 lbs ground meat
 1 yellow onion, sliced to carmelize
 4 ribs celery chopped large
 2 cups green beans
 2 cloves garlic minced
 2 TBL worsterchire sauce
 1 teas. liquid smoke
 1/2 cup sour cream
 1 can beef stock
 1 cup cream
 salt and pepper to taste

3 bags cauliflower
 4 tbsl butter
 1/2 cup sour cream
 couple teas beef stock if necessary

Add oil to a large fry pan, on medium heat, add onions, stir occasionally till they begin to brown, (10 minutes?) add celery, green beans and garlic, saute 3 minutes, remove from pan and drain oil out. Add ground meat, brown, remove and drain. Add both back to pan, add 1 can beef stock, worsterchire sauce, liquid smoke, salt and pepper. Reduce 10 minutes, add cream and sour cream, stir well, reduce 10 minutes more.

Steam all the cauliflower, puree to mashed potato consistency. with butter and sour cream.

Put meat mixture in the bottom of a 9 x 13 baking dish, cover with mashed cauliflower, dot the top with butter, bake in 400 degree oven for 25-30 minutes, till top starts to brown. let sit 5 minutes, and enjoy.

Barb

Our greatest glory exists not in never falling, But in rising every time we fall.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **chili by Ruth**

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Author	Posting
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glassart Posted - 3 March 2008 11:18  

6 pounds hamburger, browned and drained.
2 to 4 cups chopped onions. (or about 1 cup dried minced)
2 to 4 Tbsp (jar garlic)
2 Tbsp olive oil
1 or 2 can diced tomatoes
1 or 2 cans tomato paste
4 cups beef broth
4 TBSP chili powder
3 tsp salt
2 1/2 cumin powder
2TBSP oregano leaves
1 tsp pepper
1/8 to 1/4 tsp cayenne powder
1 can drained bamboo shoots (I slightly chop them)
1 bunch celery. sliced 1/4" thick or less
2 or 3 cans sliced water chestnuts

Once hamburger is browned and drained. I put it everything in the crock pot on low for the day. So I may not always use the 4 cups of beef broth, I just fill the crock with it. Freezes wonderful

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Bell Peppers**

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Author	Posting
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RobinsReducing Posted - 11 February 2008 8:43  

This is a great stuffed bell peppers recipe that my mother and I love. It is even better then when we used to make it with rice.

Ingredients:

Bell Peppers
Ground Beef
1 Can of Diced Tomatoes
1 Head of Cauliflower- chopped fine like faux rice

Wash bell peppers. Slice the top off of the bell peppers and set aside. Remove the seeds and membranes being careful not to tear the bell peppers. (You will be stuffing it later.) Boil the bell peppers until tender, drain, and remove.

For filling:

Saute the beef and add the cauliflower and tomatoes. Cook until the cauliflower is not too tough but still has a little texture left. Fill the bell peppers and enjoy.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Italian Hamburgers Recipe?**

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Author	Posting
beacher39	Posted - 31 January 2008 11:50  

I got a recipe off here for Italian Hamburgers a million years ago (the best hamburger I ever had), does anyone have this?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **best meatballs ever!!!!**

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Author	Posting
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swtred16 Posted - 11 February 2007 15:45  

Hey gang,

I just made the best meatballs I have ever tasted and my fiance agrees!!!

This is a ruff estimate as I have been cooking for many years and I don't really measure except when I'm baking desserts.

2lbs of x-lean hamburger
2 tsp of the Memphis salt rub
1 large egg
1/2 cup of grated parmesan cheese.
fresh cracked pepper to taste
1/2 bottle of the SS chipotle BBQ sauce

Mix all the ingredients together, except the BBQ sauce. Shape into balls (mine where the size of golfballs).

Brown mballs and remove to a sheet pan lined with brown paper bags or paper towels. In a wide bottom pan or pot pour in the BBQ sauce (heat is med-high) add the mballs and stir to coat. Cover and reduce heat to med-low and cook for about 10-15 minutes.

I sprinkled a little extra parm. chz over the top of my mball.

I will definitely make these again!!!!

Anita

196/191.5/140

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **best meatballs ever!!!!**

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Author	Posting
erjen_lower	Posted - 12 November 2006 18:32  

I came up with this recipe by combining 2 recipes; one from emerickfamily and one from September. I hope you like it.

Yummy Beef Stew

2 Tbsp. bacon fat
 1 1/2 lb. stewing beef
 1 celery heart
 6-7 turnips, cut in chunks
 black pepper, to taste
 salt, to taste
 2 cans of beef broth
 2 can of mushrooms, drained
 3-4 bay leaves
 garlic, to taste
 3 T heavy cream

In a large pot, braise the stew meat and the celery in the 2 T. bacon fat. When the meat is browned all over, salt and pepper to taste. Add 3-4 bay leaves to the pot and also add the turnips. I threw in garlic at this point as well. Sautee a minute or two and then pour both cans of beef broth over the meat and veggies. Bring broth to a boil. Cover, reduce heat to a simmer and cook for 1 hour, or until meat is tender. Add the 2 cans of mushrooms and the 3 T of cream. Stir and cook to heat mushrooms. At this point, I fished out the bay leaves and then strained the meat and veg out onto a plate. I then reduced the sauce over med-high heat until it was nice and thick. Mash a couple of the turnips help thicken it too. Then pour the meat/veg back in and stir to coat with the now thickened sauce. YUMMO!

Jenn

Gastric bypass 10/24/05
 265/140.6/145(normal BMI)

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Author	Posting
HunnyBunny	Posted - 21 December 2007 9:41  

I used to make roast beef and yorkshire pudding - it's a great old English dish. I wondered if anyone has somersized this. If not, I'm definitely going to give it a shot!

HunnyBunny
215/194/Goal 140
www.vibeforme.com/295322

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Author	Posting
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CANMOM Posted - 18 September 2003 8:1  

I just had to post this for anyone who hasn't seen it (or tried it) from the old boards. My family loves this one. (In fact, I just made it last night and am having leftovers for lunch today.)

I got it from Deb B., but the original poster was Kimi. Deb B.'s notes are attached:

Mexican Casserole ~ kimi (Like Bisquik's Impossible Taco Pie)

- Preheat oven to 350 degrees

2 cups Mexican cheese blend

4 oz cream cheese

3 eggs

1/3 cup cream

1/4 cup parmesan cheese

1 small can diced green chilies

1 tsp chili powder

1 1/2 lb. ground beef and onion to taste, browned in 4 tsp taco seasoning (I use a recipe found on this site)

Beat together cream cheese and eggs until smooth. Stir in cream, parmesan cheese, green chilies and spices.

Spray 9 x 13 pan with PAM. Sprinkle 2 cups Mexican cheese blend into dish.

Spread ground beef over cheese mixture and pour egg mixture over it. Bake for 35 minutes. Let stand for 5 minutes.

I serve this with sliced tomato, salsa and sour cream. I sometimes add shredded lettuce.

kimi @ SS site

Deb's notes: I put meat mixture in the pie plate. I then sprinkle on 1 cup of shredded cheese. I mix the other 1 cup of shredded cheese with the batter, and then pour the batter over the meat and cheese mixture. I serve this with Pace Picante Sauce and sour cream.

CANMOM

(formerly Mary Lou T.)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Shepherd's Pie**

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Author	Posting
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stilljoyful Posted - 13 December 2007 15:3  

We made this tonight and it rated 2 thumbs up from the family:

Bottom layer:

1lb hamburger (browned)
2 8oz cans tomato sauce
2 pckgs splenda
1 onion (cooked w/burger)
1 15oz can cut green beans (drained)

Top layer:

2 bags frozen cauliflower (cooked well)
2 oz cream cheese
1/4 cup cream
2 T parmesan cheese

process in blender until,smooth. Spoon over bottom layer in casserole dish.
Bake at 350 until lightly browned and bubbly.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Shepherd's Pie**

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Author	Posting
--------	---------

stilljoyful Posted - 13 December 2007 15:3  

We made this tonight and it rated 2 thumbs up from the family:

Bottom layer:

- 1lb hamburger (browned)
- 2 8oz cans tomato sauce
- 2 pckgs splenda
- 1 onion (cooked w/burger)
- 1 15oz can cut green beans (drained)

Top layer:

- 2 bags frozen cauliflower (cooked well)
- 2 oz cream cheese
- 1/4 cup cream
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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **THE BEST NOODLELESS LASAGNE**

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Author	Posting
LilLooLoo	Posted - 10 April 2005 10:43  

This is so good! Even non SSers will love it.

1 lb. ground beef
 1/2 cup chopped onion
 garlic salt to taste
 salt & pepper to taste
 1 cup s/f spaghetti sauce
 1 can (4 oz) sliced mushrooms
 1 cup ricotta cheese
 1 egg, beaten
 1 & 1/2 cups shredded mozzarella cheese
 1/2 TBS. Italian seasoning
 20 -25 slices pepperoni

Preheat oven to 350

In small amount of olive oil saute onions until translucent. Add the ground beef (I used ground round)and brown, Drain off the oil.

Add salt, pepper and garlic to taste. Add the spaghetti sauce and mushrooms and simmer 10 - 15 minutes.

In a small bowl mix the ricotta, beaten egg, 1/4 cup mozzarella and Italian seasoning. Beat well with a fork.

Grease an 8 x 8 inch glass baking dish with nonstick cooking spray. Spread the beef mixture in the botto of the dish. Spread the ricotta mixutre on top of beef mixture. Lay half the pepperoni slices on top of the ricotta mixture. Put remaining 1 cup of shredded mozzarella over the pepperoni slices, and lay the remaining pepperoni on top of the cheese. Bake until bubbly or about 20 or 25 minutes.

Serves 4 easily. This is hard not to have 2nd and 3rd helpings...sooo yummy!

Note: I used sugar free marinara sauce. I also put extra shredded mozzarella cheese over the last layer of pepperoni slices. Then I sprinkled liberally with grated parmesan cheese. I used the small sliced pepperoni, but I don't see why large couldn't be used. I did make it again and doubled all the ingredients and put in a 13 x 9 glass dish to serve 8.



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Author	Posting
erjen_lower	Posted - 21 January 2007 11:32  

This is a dump it in, fly-by-the-seat-of-your-pants recipe. Oh it is soooo good.

"Rice" Mess

1 pound hamburger
 garlic, minced
 2 cans sliced mushrooms, drained
 4 cups riced or shredded cauliflower
 salt
 pepper
 butter
 water
 3 small cans tomato sauce
 cheddar cheese

I make this in an electric skillet. Use a big pan. Brown hamburger in pan. Add some garlic. I use probably a tablespoon of the pre-minced stuff. Add the 2 cans of mushrooms.

While this is cooking, place the cauliflower in a microwave safe bowl. Add a bit of water, salt and pepper and a plop of butter. Cook, covered loosely for 6-7 minutes.

When the cauliflower is done, add it to the cooked hamburger mixture. Add in the tomato sauce one can at a time, mixing well. Test taste for seasonings and adjust as needed. Shred some cheddar cheese into it and mix that in. Shred some more cheese on the top. Allow the cheese to melt and serve. YUMM-O!

You can play with this and add seasonings. I have thought of adding taco sauce. Or mozzarella cheese and italian seasonings. It is just so good the way it is that i have never bothered messing with it.

Jenn

Gastric bypass 10/24/05
 265/139.8/145(normal BMI)
 Somersize 01/08/07
 144.2/139.8/125-130

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grid's Pot Roast!!**

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Author	Posting
gridmama	Posted - 25 September 2003 8:37  

1 onion cubed
3 stalks celery, cubed
1 red bell pepper, cubed
1 pot roast, or tritip or london broil.
2 cups beef stock
1 can tomato puree
1/2 cup red wine
brown roast in olive oil in double boiler, remove. Saute onions until translucent, add celery and bell pepper, and saute 3 minutes add wine and reduce by half, add beef stock and tomato puree, warm through. Return roast to pot, place in oven at 400 for 1 hour 15 minutes, then remove lid, and cook an additional 25 minutes.

Barb

Our greatest glory exists not in never falling, But in rising every time we fall.

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Author	Posting
wired_foxterror	Posted - 24 November 2007 5:31  

Cabbage Un-Rolls

4 cups shredded cabbage
 1 1/2 pounds ground beef
 1/4 cup finely chopped onion
 1 teaspoon salt
 1/2 teaspoon pepper
 1/2 teaspoon paprika
 1/8 teaspoon garlic salt
 1 8 oz jar sauerkraut, drained
 1 8 oz can tomato sauce
 1 cup sour cream

Cook ground beef and onions together in a frypan/skillet on medium heat until ground beef is browned. Drain grease and set aside.

Spread the shredded cabbage in a layer in bottom of casserole dish. Layer ground beef & onion mixture on top of cabbage. Sprinkle the salt, pepper, paprika and garlic on top of the meat layer. Add the sauerkraut in a layer and then spread the tomato sauce over the top.

Bake at 300 degrees for 1 1/2 hours. Remove from oven, spread the sour cream over the top. Raise oven temperature to 400 and put the casserole dish to the oven. Cook for another 10 minutes and serve.

Enjoy!

Foxye
 Somersizing since 01/03
 230/165/165

Visit my blog at www.wiredfoxterror.blogspot.com

A smile is a curve that sets everything straight.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **5 hour stew**

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Author	Posting
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mcmemom Posted - 27 November 2007 16:46  

This recipe is super easy, almost embarrassing to post...it was always our favorite growing up, and lucky me, I just realized it was just about somersized already!!

5 Hour Stew

2 pds beef stew meat
3-4 stalks celery rough chopped
3 carrots rough chopped (I use more)
1 large onion chopped
1 cup tomato juice
seasoning (we use salt, pepper and a good seasoned salt.)

Put beef in a 13x9 pan, sprinkle onions on top. Add seasoning. Add carrots & celery. Pour tomato juice over. Cover tightly with foil and put in a 250 degree oven for 5 hours. That's it. The meat is so tender. Sometimes we add water chestnuts for crunch.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Hamburger Helper Knock Off**

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Author	Posting
marie172	Posted - 19 April 2006 10:25  

At least, that is what it was called. I've only ever had HH once in my life and hated it, so I don't know if it is a good name for it or not! I have no idea where I got this recipe from, but I love it. Below is the original recipe. I will add my own notes afterward.

Hamburger Helper Knock Off

Ingredients:

- 4-6 slices of american cheese
- 1 1/2 cups of heavy cream
- 4 oz of cream cheese
- 4 oz of canned mushrooms
- 1 lb of ground beef
- 8 or more slices of sugar free bacon

In a sauce pan, mix heavy cream, cream cheese, american cheese, and mushrooms and cook on low to medium heat. In seperate pan, brown ground beef, drain, and set aside. Fry bacon, set aside. In your bowl (the one your eating out of) put ground beef in and pour cheese mixture over it. Add bacon pieces and garnish with shredded cheese if you like.

My notes: I cut the cream cheese in half one time because I didn't have enough. it didn't seem to matter. I guess that means you don't need to worry about exact amounts!

I use more hamburger than it calls for. This is good over mashed cauliflower. Or other veggies. I sometimes add onions.

I fry the hamburger, bacon and mushrooms (and onions) first, then add the other ingredients straight into the pan.

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Author	Posting
pollypurebred39	Posted - 2 November 2007 20:39  

I always mix my meats for Goulash. If you do this it makes for a budget meal

4 lbs meat- beef, boneless chicken thighs and pork , cubed. any of these are good, I like to use all 3 at once.

If you purchase the meat whole and cut it yourself you save a lot of money.

3 onions, wedged
1 large can diced tomatoes
1 1/2 tbs. paprika
1 cup water

Mix the above in a large roating pan. Bake uncovered at 300' for around 3 hrs. stirring often. It will juice up, but as it cooks the liquids will reduce and get thick.

One note:

Do not use lean meats. This dish requires a long cooking time and it will dry out lean cuts of meat.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Quick & Easy Yummy Taco pockets!**

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Author	Posting
Sapphire1	Posted - 24 March 2004 19:45  

Hi All!!

My hubby keeps asking for these, so thought I would post them for you too! They are really easy and you can make Chili pockets as well!

What I do is make and have all the following ingredients and set them aside to have them ready to go. You will need to work kind of quickly, but you can put these back into the microwave to make them pliable again during the process for making the pockets! I use a spatula and tongs to help me form the pockets! Very easy!

Make ahead and have ready, >

The Somersize taco meat according to the package. ((We like to add jalapino peppers and onions to ours! but you can add what ever you like if you wish.))

The Somersize onion dip.

Thin shredded cabbage.

When I have all that ready to go, what I do is take 2 slices of provolone cheese one on top the other. (We get ours already sliced!) I place them on a buttered microwave safe stoneware dish, sprinkle on some dill weed and some onion dash and fresh black peper and microwave the cheese until it is golden. Note> ((The first one I microwave takes 195 seconds in my microwave and all the others after that only take about 175 to 180 seconds. You just want an even color all over! Make and fill these taco pockets one at a time, as the cheese will harden rather fast if you don't work fast enough.))

After you microwave the cheese, take it off the plate onto another plate lined with first paper towel then wax paper. Take the cheese and spread on it, some of the onion dip, and on one half quickly put about 2 or 3 tablespoons of the taco meat and some of the shreeded cabbage. Now quickly fold over to form a taco and pinch the edges together rolling them up just so they catch together to form a pocket! If the cheese hardens to fast don't panic! Just pop it back into the microwave for about 8 seconds till it is pliable again. Let sit on paper towels to dry. Thats it!

I make a bunch of these and sometimes freeze them. Then we pull them out and reheat in the microwave about 15 seconds or so. They are great for any time! Breakfast! Lunch! Dinner! and for snacking! Enjoy!

Gods best blessings to you! <><

It is God who arms us with strength and makes our ways perfect! Psalms 18:32<><

Edited by - Sapphire1 on 3/28/2004 5:52:20 PM

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Author	Posting
babyblue113655	Posted - 11 October 2007 9:58  

Hi everyone. Well I was in the mood for lasagna the other day. Because I am in level one I replace the pasta with eggplant. I want to share it all with you bc it came out awesome. You can put as much as you want, but I made enough for two days for me.

One egg plant

Ricotta cheese 8oz

crush tomatoes 28 oz

Ground beef two to three pounds

mozzarella cheese as much as you want. :)

garlic, onions and cilantro.

Cut egg plant into circles pieces. Put butter in the pan and grill until it start to get soft but not to soft. Prepare the ground meat with what ever spices you want. Add crushed tomatoes, onions, garlic and cilantro. I love cilantro. cook for like 40 minutes on medium high.

Then put a little bit of the sauce in the bottom of the lasagna pan, put some round eggplants on top. Then add ricotta cheese, the ground meat sauce and mozzarella cheese. Keep doing this until couples of layers and bake for 20 minutes or so. I hope you like it and enjoy!

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Author	Posting
babyblue113655	Posted - 11 October 2007 9:58  

Hi everyone. Well I was in the mood for lasagna the other day. Because I am in level one I replace the pasta with eggplant. I want to share it all with you bc it came out awesome. You can put as much as you want, but I made enough for two days for me.

One egg plant
 Ricotta cheese 8oz
 crush tomatoes 28 oz
 Ground beef two to three pounds
 mozzarella cheese as much as you want. :)
 garlic, onions and cilantro.

Cut egg plant into circles pieces. Put butter in the pan and grill until it start to get soft but not to soft. Prepare the ground meat with what ever spices you want. Add crushed tomatoes, onions, garlic and cilantro. I love cilantro. cook for like 40 minutes on medium high. Then put a little bit of the sauce in the bottom of the lasagna pan, put some round eggplants on top. Then add ricotta cheese, the ground meat sauce and mozzarella cheese. Keep doing this until couples of layers and bake for 20 minutes or so. I hope you like it and enjoy!



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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Flavor Explosion Beef**
:)

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Author	Posting
rockswife	Posted - 23 October 2007 8:55  

OK, I was experimenting and had to get rid of two pounds of ground beef. I decided to make this since I didn't have all of the ingredients to make chili.

Olive oil
2 lbs ground beef
2 packages SS Roasted Pepper Dip Mix
About 1/2 c water
Shredded cheddar cheese - 2 to 2 1/2 cups, or use your favorite cheese

Heat a little bit of olive oil in a large skillet over medium to medium-high heat. Add the ground beef and saute until brown. Drain. Sprinkle two packets of the dip mix over the ground beef. Add about 1/2 cup of water and stir mixture until well combined. Slightly lower the heat, cover, and leave for 5-8 minutes. The water will rehydrate the vegetables, so you shouldn't have any water left standing in the bottom of the pan. Stir. Add about - I don't know - 2 to 2 1/2 cups shredded cheddar cheese. I just shredded a bunch of it and threw it in, and estimate it was about 2 to 2 1/2 cups. Remove from heat, stir, and cover. Let sit for about 5 minutes until the cheese is melted or slightly melted. Stir again and serve. I put sour cream on mine.

I thought about sauteing some chopped onions and garlic before adding the beef, but after reading the ingredients of the dip mix, you really don't need it!

Enjoy!

RockswifeNoMo

Debbie D. of Atlanta
Now in Denmark!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **TACO POCKETS???**

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Author	Posting
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misslisa Posted - 21 July 2004 11:21  

I can't remember where I saw them, but could someone please help me find them?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **flank steak???**

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Author	Posting
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Nutmeg Posted - 8 October 2007 6:54  

Hi All!! I went to Sams Club the other day and mistakenly bought two flank steaks which were rolled up instead of the slow roasts I wanted and now I'm wondering what the heck to I do with a flank steak???. I know that sound silly, but I've never made one before and I don't know anything about them. Does anyone have a fabulous recipe using flank steak?? Thanks in advance!
:D

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot Beef**

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Author	Posting
beebee1	Posted - 1 October 2007 12:57  

I just have to say, I have read in posts that you can put a completely frozen beef roast in a crock pot & it will cook up juicy & tender but I was always skeptical. Well, I put a 4 lb chuck roast in the crock pot with 2 c. water & put it on high. When the water was bubbling, I turned down to low & left the house for 4 hours. I got home to a great smell of roast beef & it was falling apart tender. Very good.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ground Beef and Cabbage**

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Author	Posting
DebB	Posted - 18 September 2003 19:11  

This is good! *Ü*

GROUND BEEF AND CABBAGE

In a large skillet brown 1 lb lean ground beef and 1 lb hot sausage (I use Jimmy Dean hot breakfast sausage - Winco) and a chopped onion. Drain meat. Add 1 medium-large head of cabbage coarsely chopped. Add minced garlic, caraway seeds, red pepper flakes, pepper and salt to taste. Also add 1 can of beef broth (I use Swanson's, it's the closest to legal I can find). The caraway seeds really do a lot for this recipe. Add a large (28oz) can of tomatoes (I use crushed tomatoes). Stir together, cover and simmer until the cabbage is tender and the flavors are blended. At this point, you can add a big fistful of freshly grated Parmesan if you'd like (I don't usually add the parmesan). After you dish it up into bowls, add a big dollop of sour cream.

This recipe is easy to cut in half if you want to make less, but it reheats well in the microwave for a nice hot lunch. Tastes better the second day! .

lulucrab @ Protein Power site

Started Somersizing 3-01
270/175/165
sdbruce@amerion.com

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Author	Posting
FrozH2O	Posted - 13 November 2006 10:3  

I was craving this soup. I used to make it with corn, carrots, peas and potatoes and my mind just wasn't having it taste good with out them. Finally I decided to just omit the above and it turned out really good IMO. Hope you like it.

One more thing. It makes a HUGE Pot. There are 4-5 adults that live in the house and we eat on this for about 2-3 days. Since this is really just a dump recipe I am sure that it could be cut down very easily. I think it might freeze fairly well but there is never anything left after a couple of days to save.

Hamburger Soup

2-3 pounds of hamburger
 4-5 celery stalks, cut into bite size chunks
 1 large or 2 med. onions, cut into bite size pieces.
 2 cans green beans (cut- not french style) drained or 1 large bags frozen green beans
 2 cans diced tomatoes
 1 can beef broth (2 cups)
 2 large cans tomato sauce
 salt, to taste

In a large stock pot brown hamburger and drain. Add all the remaining ingredients and simmer for 30 min or until celery and onions are tender. Stir occasionally.

Notes: Can serve with shredded cheese if you like. Diced turnips might be good to add in place of potatoes. I don't add salt because I have over salters in my house I just allow them to salt as needed. It needs salt.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **FREEZE WELL: Italian Stuffed Meatloaf**

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Author	Posting
Liz01219	Posted - 27 August 2007 14:38  

This looked interesting!
 Recipe calls for "tomato juice". I don't know for sure if that's legal, so I'm going to sub tomato sauce when I make this.

2 lbs. ground sirloin
 1 large egg white
 1 cup tomato sauce (SEE ABOVE)
 salt and pepper to taste
 1 tsp. minced garlic
 1 tsp. dried oregano leaves
 1 onion, chopped
 4 oz. sliced mozzarella or provolone cheese
 1/2 cup frozen spinach, cooked according to directions and squeezed dry.
 1/2 cup jarred, roasted red peppers, drained and well chopped.

Preheat oven to 350
 In large bowl, combine the sirloin, egg white, tomato sauce, salt and pepper, garlic and oregano.
 In small non stick skillet coated with non stick cooking spray, saute onion until tender. Add the cooked onion to the meat mixture, mixing well. Put HALF the meat mixture into a non stick 9x5x3 inch loaf pan coated with non stick cooking spray, layer with mozzarella cheese, spinach, and red peppers and cover with remaining meat mixture. Bake meatloaf for one hour or until meat is done.

TO PREPARE TO EAT NOW
 Eat when ready

TO FREEZE:
 Cool to room temp., then wrap, label, and freeze
 Recommended freezing time: up to 2 to 3 months.

TO PREPARE AFTER FREEZING:
 Defrost
 Preheat the oven to 350. Bake for 20 to 30 minutes or until thoroughly heated. alternately, you can reheat meatloaf slices in the microwave

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Author	Posting
Honeybee76	Posted - 8 September 2007 18:53  

This is totally legal and beyond yummy! We wrap it in Romaine leaves. Enjoy!

1 lb flank steaks or beef brisket, well trimmed and cut into 2-inch squares
 1 garlic clove, peeled and quartered
 2 bay leaves
 1/4 teaspoon dried marjoram
 1/4 teaspoon dried thyme
 1 small red onion, diced (divided use)
 salt
 4 large radishes, julienned
 1-2 fresh habanero pepper, stemmed, seeded and finely chopped (we use poblanos instead to cut the heat)
 1 small tomato, cut into 1/4 -inch pieces
 2 tablespoons chopped fresh cilantro
 6 tablespoons lime juice
 6 leaves romaine lettuce

The Meat: bring 3 cups water to a boil in a medium saucepan, add the squares of meat and skim off any grayish foam that rises to the top during the first few minutes of boiling. Add the garlic, bay leaves, herbs, a generous 1/2 teaspoon salt and half of the onion. Simmer over medium to medium-low heat for an hour or so, until the meat is tender. If there is time, let cool in the broth. Drain and discard all but the meat; then shred the meat into thin strands.

The dzik. Combine the cooked meat, the remaining half of the onion, the radishes, chile, tomato and cilantro, and toss with the lime juice and generous 1 teaspoon salt. Scoop the dzik into your lettuce wrap and enjoy!

Missy

Somersizing since June 26, 2007

Down 27 pounds!!!

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Author	Posting
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WEESERS Posted - 10 May 2004 21:44  

My mom has always made these and they are easy and good. Not too difficult to adjust this recipe either.

Teriyaki Finger Steaks

2 lb boneless sirloin
1/2 c soy sauce
1/4 c vinegar
2 Tbsp brown sugar (Substitute here as you wish)
2 Tbsp minced onion
1 Tbsp vegetable oil
1 garlic clove minced
1/2 tsp ground ginger
1/8 tsp pepper

Trim fat off of the sirloin and slice lengthwise into 1/2" strips. Place in a bowl. Combine all remaining ingredients. Pour over meat and toss. Cover and refrigerate 2 - 3 hours. Loosely thread meat strips onto skewers. Grill over medium hot coals, turning often. About 6 servings.

I used olive oil for the oil. I put everything into a ziploc bag. To me 2-3 hours in too long to let it marinate. It comes out really strong. I prefer 30 min to an hour. Try it for yourself and adjust as necessary.

Edited by - ForumModerator on 2/28/2005 4:55:06 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Blue Cheese Burgers**

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Author	Posting
ncpharmgirl	Posted - 4 September 2007 15:48  

Enjoy these!

- 1-1/2 pounds lean ground beef
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 3-ounce package cream cheese, softened
- 3 tablespoons crumbled blue cheese
- 1 tablespoon Dijon mustard

Combine the ground beef, Worcestershire sauce, garlic salt and pepper, mixing well. Shape mixture into 8 patties about 6 inches in diameter.

Mix the cream cheese, blue cheese and mustard until smooth. Divide the mixture among 4 of the beef patties, spreading to within 1/2 inch of the edge. Top with a remaining patty, sealing edges firmly.

Grill patties about 4 inches from coals or heating element, turning once, 5 to 7 minutes on each side for medium. Makes 4 servings.

Pharm

"Be a first rate version of yourself, not a second rate version of someone else."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Coney Sauce - REVISITED!**

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Author	Posting
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TinaS	Posted - 19 September 2003 16:15   
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hey all - I had posted this last year sometime and luckily I found it saved on a backed up copy of the recipes. It had been modified slightly in the year since I posted it - but I put the original version below). It's a great coney sauce :-) Enjoy !!! (I use ground venison usually) Tina Schuster

Coney Dogs

This dish tastes much better the next day and can be doubled (it thickens nicely). Use as lean a beef as you can.

- 1 lb LEAN ground beef
- 1 large green pepper, chopped
- 4 tsp of chili powder (or use 2 for a milder sauce)
- 2 tsp cumin powder
- 2 tsp oregano
- 1/2 tsp crushed red peppers
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 15oz cans tomato sauce
- 1 large onion chopped
- 3 packets of splenda (don't use granular!) - or sweetener equivalent to 6 teaspoons of sugar

Brown ground beef, peppers, and onions together. Drain off excess fat. Add all other ingredients. Mix well and simmer for about 20 minutes. Top legal hot dogs with cheese, chili sauce, onions, relish, etc.

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TinaS	Posted - 19 September 2003 16:15   
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hey all - I had posted this last year sometime and luckily I found it saved on a backed up copy of the recipes. It had been modified slightly in the year since I posted it - but I put the original version below). It's a great coney sauce :-) Enjoy !!! (I use ground venison usually) Tina Schuster

Coney Dogs

This dish tastes much better the next day and can be doubled (it thickens nicely). Use as lean a beef as you can.

- 1 lb LEAN ground beef
- 1 large green pepper, chopped
- 4 tsp of chili powder (or use 2 for a milder sauce)
- 2 tsp cumin powder
- 2 tsp oregano
- 1/2 tsp crushed red peppers
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 15oz cans tomato sauce
- 1 large onion chopped
- 3 packets of splenda (don't use granular!) - or sweetener equivalent to 6 teaspoons of sugar

Brown ground beef, peppers, and onions together. Drain off excess fat. Add all other ingredients. Mix well and simmer for about 20 minutes. Top legal hot dogs with cheese, chili sauce, onions, relish, etc.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **FREEZE WELL: Make Ahead Meat Patties**

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Author	Posting
Liz01219	Posted - 27 August 2007 14:42  

by adding salsa to ground meat, these patties are moist and well seasoned, perfect to put out as needed.

1 lb. ground sirloin
1/2 cup salsa
salt and pepper to taste

TO FREEZE:
Cool to room temp, then wrap, label and freeze for 2 to 3 months.

TO PREPARE AFTER FREEZING:
Defrost and cook on grill or non stick skillet over medium heat until done.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Gyros Recipes**

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Author	Posting
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jillybe Posted - 5 January 2005 11:25  

Does anyone have any good SS gyros recipes? I could sure go for some of that, but SS of course.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **stuffed peppers**

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Author	Posting
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realtornancy	Posted - 2 July 2007 17:45  
--------------	--

does anyone have a good legal level 1 stuffed peppers recipe?

159.5/154.5/135.0

week 1 down 5lbs

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **stuffed peppers**

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Author	Posting
--------	---------

DebB	Posted - 13 May 2004 22:54  
------	--

I made these tonight and they were delicious! I found the recipe on the Protein Power website. I've added some tweaks in {...} and my notes are at the end. I never made stuffed peppers a lot, because I don't care for green peppers. But they were SO good with the sweet peppers. My husband asked me to add this recipe to our "favorites". It's a little "messy" to make these, but very easy.

Stuffed Pepper Boats

1 pound of beef chuck ground beef
 Half of a small onion (diced)
 2 large green peppers {use 4-5 peppers}
 6 mushrooms chopped (more or less if you like) {sub. 1/2 head diced fresh cauliflower}
 1 clove of garlic (diced into bits)
 1 tbsp. canola oil {olive oil}
 hot sauce
 4 oz. mozzarella cheese
 canned tomato sauce {14oz can}
 parmesan cheese
 and seasonings (below is a list of seasonings I used) I recommend all of them.

salt to taste
 1 Tbsp. garlic powder
 1/2 tsp. cumin powder
 1/4 chili powder
 2 dashes of oregano
 2 dashes of basil
 1 dash of black pepper

Season meat with all dry seasonings and mix well. Add a tablespoon of canola oil to frying pan and brown meat a bit. Add 1/2 cup of water so meat can break apart. Add garlic, onion and mushrooms. Simmer for about 10 minutes so flavors blend well. Preheat oven to 350. Add a few dashes of hot sauce to mixture for an extra kick or just leave out, its up to you. I couldn't even notice it in the final product. Turn off heat and prepare the green peppers by cutting them in half and removing the stem and seeds from the inside. When done they will look like a boat. Sprinkle the inside of pepper with parmesan cheese, add some beef mixture, approx 2 tbsp. and layer 2 oz. of mozzarella in the middle. Top with more meat mixture until you cant see the cheese. Do not overfill because it will overflow. Drizzle the top with canned tomato sauce and sprinkle more parmesan cheese.

Continued on next post...

Started Somersizing 3-01

270/175/175
sdbruce@amerion.com

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Green Peppers**

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Author	Posting
janland	Posted - 14 August 2004 11:28  

Stuffed Peppers-somersized

2 lb. ground sirloin or ground round
2 c. riced cauliflower-not cooked
1/2c. chopped onions
2 eggs slightly beaten
2 t. salt
1/2 t. pepper
2 cans tomato paste

Mix well (I put rubber gloves on and mix with my hands) then stuff your peppers. Bake covered for about 1 hour on 350. Sometimes I will pour tomato sauce on top to keep them moist and add some flavor.
Hope you like them.
You can also make cabbage rolls with this same recipe.

janland@comcast.net
Janice

janland@comcast.net
Janice

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Author	Posting
artgirl67	Posted - 23 January 2005 12:35  

I got this recipe off of the Food Network and changed it a bit to my liking... and my DH and I thought it was the best meatloaf we've ever had! My meatloaf usually comes out kinda dry, but not this one! :o) Hope you like it!

TOMATO TOPPING:

- 1 8oz. can tomato sauce
- 1 6oz. can tomato paste
- 1/4 cup Splenda
- 2 teaspoons white vinegar or water

(By the way, this is just a great recipe for legal ketchup as well!)

MEATLOAF:

- 2 lbs. ground beef
- 2 eggs
- 1/2 grated Parmesan
- About 1 cup crushed pork rinds
- 1/4 cup onion, diced small
- 2 tablespoons chopped fresh parsley leaves
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 - 1 cup cheddar cheese, shredded

Preheat oven to 350F. In a small bowl, mix together the tomato topping ingredients. Set aside. You may add a few drops of water to thin to a ketchup consistency.

In a large bowl, mix together the meat loaf ingredients. Include 2-3 tablespoons of the tomato topping to meat mixture. When thoroughly mixed, place half of the mixture in a 5x9-inch loaf pan, spreading it out evenly. Next add a layer of the grated cheese then top with the remaining meat mixture. Once again, spread out evenly in the pan. Spread a heavy coat of the tomato topping to completely cover the top of the meatloaf. You should have about 1/2-1 cup remaining for serving on top of your meatloaf slices. Place in oven and bake for about 1 hour and 15 minutes, or until the temperature on a meat thermometer registers 165F. Drain fat and let rest for at least 10 minutes before slicing.

~*~Wendy~*~

New Bride ~ New Somersizer - again!

Re-started Jan.3/05

262 / 254.5 / 125


"The journey of a thousand miles, begins with a single step."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Meatloaf**

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Author	Posting
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rosalia	Posted - 15 May 2007 7:52  
---------	---

Stuffed Meatloaf

INGREDIENTS:

1 pound lean ground beef
1 pound lean ground pork
1 pound lean ground veal (or use 1 1/2 pounds each pork and beef)
2 beaten eggs
1/2 heavy cream
1/2 cup pork rind flour
1 Tbs. salt
1/2 Tsp. pepper

Stuffing:

2 1/2 cup DebBs bread, cut into squares
1/2 Tsp. thyme
1/8 Tsp. pepper
water, or cream to moisten

Brown 1 Tbsp. minced onion
1 cup chopped raw mushrooms, sauteed in butter, or use 1 can canned mushrooms

PREPARATION:

Combine ground meats, beaten eggs, cream, bread crumbs, 1 tablespoon salt, and 1/2 teaspoon pepper. Put half of the meat mixture in a greased baking dish.

Mix together the stuffing ingredients; spread over meat layer, then top with remainder of meat.

Bake at 350 about 1 1/2 to 2 hours.

ENJOY!!!

Edited by - rosalia on 5/15/2007 7:53:43 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Mock Potato Meatloaf**

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Author	Posting
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rosalia Posted - 15 May 2007 6:30  

MOCK Potato Meatloaf

Shredded orange pepper and turnips give this meatloaf additonal flavor and texture.

INGREDIENTS:

- 1 pound extra-lean ground beef
- 1/2 pound ground pork or ground chuck
- 1 cup diced onion
- 1 turnip, shredded
- 1 orange pepper, shredded
- 1/2 cup vegetable broth, or chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg
- 1 1/2 cups pork rind flour
- 1/3 cup sugar free ketchup
- 1/2 teaspoon italian herb seasoning

.

Topping:

- 1/4 cup sugar free ketchup

PREPARATION:

Heat oven to 350°.

Combine all ingredients until blended. Pack into a lightly greased meatloaf pan or loaf pan, or shape into a loaf and place in an 11x7-inch baking dish. Bake for 1 hour. Pour off excess grease, spread 1/4 cup ketchup over the top of the loaf, and bake for 20 to 30 minutes longer.

Serves 6 to 8.

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Author	Posting
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myboys Posted - 28 March 2007 15:30  

hello ladies,
okay, does anyone have a really good recipe for meatloaf and/or salisbury steak??
wold really appreciate it!
thanks!!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **meatloaf or salisbury steak**

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef & Sour Cream Enchiladas with Crepes**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:40  

These are incredibly tasty!

Beef & Sour Cream Enchiladas with Crepes

Preheat Oven to 400°

1 Pro/Fat Crepe Recipe

1 Spicy Seasoned Ground Beef Recipe

2 T. Melted Butter

½ C. Sour Cream

1 C. Grated Cheese, Cheddar, Jack or a combination work great

½ C. Sour Cream

½ C. Salsa (make sure there is no sugar added)

Toppings: Grated Cheese

Diced Tomatoes

Shredded Lettuce

Smear a spoonful of sour cream in middle of crepe. Top with beef and grated cheese. Roll up and place on an ungreased cookie sheet. Lightly brush with butter so the tortillas do not dry out during baking. Bake briefly, just until cheese melts, about 10 minutes. Meanwhile combine ½ C. sour cream and salsa. When Enchiladas are done, carefully lift them onto plates, top with sour cream mixture, lettuce, tomatoes and more grated cheese.

Lovin' Jesus and Lovin' Life!

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Author	Posting
IWedRich	Posted - 11 September 2006 18:40  

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Slow-Cooker Beef Tacos Senora!**

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Author	Posting
SinginSOMERSong	Posted - 26 October 2006 23:46  

Make the color of this meat rich and the flavor FABULOUS by browning on all sides before slow cooking. It's so versatile, you will find yourself adding it to dishes such as faux mashed potatoes, enchiladas, crepes, sandwiches, eggs and Mexican pizza! Let your imagination take the lead! ~~~Singin'

You Will Need:

2 lb boneless chuck roast, cut into 1-inch cubes
 1 tsp salt
 1 Tbs vegetable oil
 1 Tbs chili powder
 1 6-oz can no-sugar-added tomato paste
 2 cups sf beef broth
 1 small white onion, chopped
 1 8-oz can no-sugar-added tomato sauce
 1/2 med sized green bell pepper, diced (or per Kisa's suggestion: sm can peeled, chopped green chilis)
 1 tsp ground cumin
 1/2 tsp black pepper
 egg crepes (warmed), OR parm taco shells, OR lettuce leaves for wraps.

Toppings: Diced sun ripened tomatoes(draind), shredded cheddar or Monterey Jack cheese, sour cream, picante sauce (I use Pace or make a fresh sauce by grinding sun-ripe tomatoes, onion, garlic, cilantro and an eensy bit of fresh jalepeno). You might also enjoy topping your tacos with Mexican Slaw (recipe in Roughage and Stuffage file). instead of the tomatoes and salsa. Have a FIESTA with this meat!

How To Make It:

- 1) Sprinkle beef cubes evenly with salt.
- 2) Cook beef in batches, in hot oil in a Dutch oven (deep pot) 5 to 7 mins, turning pieces until brown on all sides. Remove beef, saving drippings in the Dutch oven. Add chili powder to the drippings, stirring constantly, 1 minute. Add 2 cups beef broth, and stir, scraping bits from the bottom of the pot.
- 3) Place the browned beef in a 4 1/2 quart slow-cooker (crockpot). Pour the mixture from the Dutch oven over the meat; stir. Add onions and next 4 ingredients., stirring. Place the lid on and cook on HIGH 4 hours...OR on LOW 6 hours...until beef is tender. Serve in warm crepes, parm shells, or lettuce wraps with your choice of toppings.

Edited by - SinginSOMERSong on 3/19/2007 9:40:02 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Slow-Cooker Beef Tacos Senora!**

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Author	Posting
SinginSOMERSong	Posted - 26 October 2006 23:46  

Make the color of this meat rich and the flavor FABULOUS by browning on all sides before slow cooking. It's so versatile, you will find yourself adding it to dishes such as faux mashed potatoes, enchiladas, crepes, sandwiches, eggs and Mexican pizza! Let your imagination take the lead! ~~~Singin'

You Will Need:

2 lb boneless chuck roast, cut into 1-inch cubes
 1 tsp salt
 1 Tbs vegetable oil
 1 Tbs chili powder
 1 6-oz can no-sugar-added tomato paste
 2 cups sf beef broth
 1 small white onion, chopped
 1 8-oz can no-sugar-added tomato sauce
 1/2 med sized green bell pepper, diced (or per Kisa's suggestion: sm can peeled, chopped green chilis)
 1 tsp ground cumin
 1/2 tsp black pepper
 egg crepes (warmed), OR parm taco shells, OR lettuce leaves for wraps.

Toppings: Diced sun ripened tomatoes(draind), shredded cheddar or Monterey Jack cheese, sour cream, picante sauce (I use Pace or make a fresh sauce by grinding sun-ripe tomatoes, onion, garlic, cilantro and an eensy bit of fresh jalepeno). You might also enjoy topping your tacos with Mexican Slaw (recipe in Roughage and Stuffage file). instead of the tomatoes and salsa. Have a FIESTA with this meat!

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Author	Posting
marie172	Posted - 1 May 2007 6:59  

For those that asked for this, remember I made this out of necessity back in the days before internet, etc., when we were desperate for some corned beef, and I had no idea how to make it.

I read a Joy of Cooking recipe, and came up with this. Because of our (used to be) tough cuts of meat, this was the best way to do it. Now we still do it this way because I don't want the fattier (like brisket) cuts, and this works for us. My kids actually prefer it, even when we are in the US!

Here it is:

I make my own corned beef by using curing salt. I just poke a chunk of beef (it is probably a rump roast, but I honestly have no idea - whatever the market will give me that is a hunk of cow!) with a fork, rub in the salt according to directions, then leave in fridge for 7-10 days, turning on occasion. Morton makes the curing salt. (1 or 2 T per pound, I don't remember. It's on the package.)

When I cook it, I rinse the meat to get rid of some salt, put in crock pot, cover with water, add a large beef bouillon cube, black pepper, and a real lot of fresh minced garlic.

Cook for about 6-8 hours, or until some meat on the edges pulls away easily. I then store the hunk in a container with some of the liquid until the next day if it is for slicing for sandwiches. If you are eating it hot with the St Patty's fixings, then you wouldn't bother with this. I jsut find if you let it cool down this way, it doesn't fall apart when slicing (with an electric knife or meat slicer), and also, it doesn't dry out.

Notice that Twiggy also posted a recipe, which probably looks more like what you all are used to.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **To Make Corned Beef from a brisket**

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Author	Posting
Twiggy88	Posted - 17 March 2005 9:22  

To Make Corned Beef from a brisket

4-6 lbs beef brisket
5 Tbs. salt brine
2 Tbs. sweet n low brown
1 Tbs. ground black pepper
1 tsp ground paprika
1 tsp ground bay leaves
1 tsp ground allspice
1/2 tsp garlic powder

Prepping:

Trim surface of fat from brisket.
Mix salt brine and remaining ingredients and spices.
Rub mixture into all sides of brisket.
Place brisket in plastic bag and tie the end securely.
Refrigerate and allow to cure 5 days per inch of meat thickness.
(So, 10 days for a 2" thick brisket)

Cooking:

Place brisket in Dutch oven.
Add water to cover.
Bring to boil; reduce heat.
Simmer until tender, about 3-4 hours.

EDIT: Salt Brine = 1 cup salt per 2 gallons of hot water (that's 32 parts water - 1 part salt), and a bit of vinegar

***twiggy88

Edited by - twiggy88 on 4/19/2005 4:37:57 AM

Edited by - twiggy88 on 11/29/2006 4:19:54 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Carne con Chile**

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Author	Posting
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p_hernandez Posted - 20 April 2007 17:52  

This recipe is my favorite (mexican):
CARNER CON CHILE

Ingredients:

Boneless Bottom Round, very thin cut into bite size pieces, also can use pork/chicken.

4 (+, -) red tomatoes

3 (+, -) green jalapeno peppers, depend how hot you want it for me this is mild.

oil

1 garlic clove

salt

water

Roast the tomatoes & peppers.

Heat the oil on a skillet and brown meat w/salt until done.

Mix tomatoes, peppers, salt, garlic and water in a blender very well.

Pour into skillet.

Bring to boil

Serve w/steamed brocoli

Started SS 4/12/07

170/170/140 lbs.

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Author	Posting
IWedRich	Posted - 13 September 2006 8:26  

I have a single friend in her 60's who started SS last week with my help and has lost 5 pounds! I am helping her grocery shop and cook up a few things (she doesn't cook much)and I asked "What do you really love to eat?" and she said, "Sloppy Joe's". Well, now that I have Debs Buns I thought I can definately make this work! So here is my recipe!

SLOPPY JOES

2 lb.s ground beef, cook, drain and set aside

In about 2 T. Olive Oil saute in this order:

- 1 med. onion, diced, add...
- 1 bell pepper, diced, add...
- 2-3 cloves garlic, minced, add...
- 1 12 oz(ish) can crushed tomatoes
- 1 8 oz can Tomato Sauce

Mix the veggies into the ground beef and add these ingredients while simmering the pot.

- 1 1/2 T. Frenches Yellow Mustard
 - 2-3 T. Da Vinci Simple or Breakfast Syrup
 - 2-3 packets Splenda (adjust sweetness to your taste)
 - 1-2 t. Worchestershire Sauce
 - 1-2 t. Soy Sauce
 - Salt and Pepper to taste.
- (The seasonings really have to be to your taste of Sloppy Joe's, whether you like them sweeter or not too sweet.

Simmer with lid half off for about 1 hour until the mixture is thick and rich.

Serve on Deb's Buns!!

HELLO!!! Am I happy now or what???

Edited by - IWedRich on 9/15/2006 5:57:14 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot English Roast**

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Author	Posting
MsTified	Posted - 5 April 2005 19:51  

Crock-pot English Roast Appollonia

1 English roast or Chuck roast
 1 can (8-oz.) tomato sauce
 1/2 can tomato paste
 1-2 onions sliced
 3-4 cloves of garlic, halved
 2 tablespoons balsamic vinegar
 2 teaspoons Red wine (optional)
 2 teaspoons steak seasoning
 1/2 teaspoon garlic powder
 1/2 teaspoon onion powder

1. If you have time, brown the roast prior to putting in Crock Pot. Season meat with steak seasoning, garlic and onion powders. Place in crock pot.
 2. Layer onions and garlic on top of meat. Mix tomato sauce, tomato paste and balsamic vinegar plus wine if using. Pour over the top. Put on the lid cook all day on low. Let cooked meat cool slightly; shred meat and discard any fat. I strain the drippings and reduce down till it makes a nice gravy; serve over top of the meat.

KATE'S NOTES: I did everything this said to do, using the wine, of course, but also added:

1 turnip, peeled and cubed
 1/2 red pepper, cubed
 4 ounces water

I cooked it on high all day - about 8 hours. Unintentionally, the turnip, onions, red pepper had pretty much turned to mush. So, I removed the meat (falling apart by this time) and then put the sauce with vegetables into my food processor and processed until pretty smooth. Oh, my - gotta tell ya -- it was absolutely fabulous! I mashed some celery root and cauliflower, served the sauce over the meat and mash as a very thick gravy and it was divine! Two days later, I shredded the meat and put it in a saucepan, poured some of the leftover gravy/sauce over and mixed it up. Served it to DH on a bun like a sloppy Joe and I ate it over a bed of greens with sauteed mushrooms and onions, and shredded cheese.

It's all gone now, but this is on my definitely make again list! Thank you, Appollonia, where ever you are, for the original recipe.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~

MsTified (Kate)

05/2001: 148/126 (reached goal)

Started again: 12/28/2004 - 133.5/134/126

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Author	Posting
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3M

Posted - 9 March 2007 6:35  

I made these legal for SSing from a recipe on a bag of shredded cheese. They were pretty tasty. Hope you enjoy them!

Beef Quesadillas

1 recipe DebB's Pro/Fats Buns (recipe posted below)

1/2 pound hamburger

1 small onion, peeled and diced

1/4 cup chopped green pepper

1/2 cup salsa

shredded cheese

Make 1 batch of DebB's Buns.

Cook hamburger, onion and pepper in a skillet until done. Stir in the salsa. Set aside.

Top each bun with some shredded cheese. Spoon some beef and veggie mixture on top of the cheese.

Bake at 350 for 15-20 minutes to melt the cheese and warm the topping.

Pro/Fat Sandwich Buns

* Basic * Buns

6 egg whites

4 egg yolks

6 Tbls. sour cream (can also used softened cream cheese)

2 pkgs. Splenda (can omit)

1/4 teas. cream of tartar

pinch of salt

Beat egg whites & cream of tartar until very stiff. Turn bowl upside down and if the whites don't slide, they are stiff enough.

In a small bowl mix together the other ingredients. Gently fold the yolk mixture into the whites. Rubber spatula works best.

Generously spray a non-stick *crown muffin pan* with Pam. Fill the indents evenly.

Bake for about 50 minutes (or less) in a 300 degree oven. These will puff up while in the oven, but don't be surprised when they fall quite flat when you remove them, that's the way it is. Remove with an egg lifter onto a plate and let cool. Put in a plastic bag after it has cooled. (I poke holes in a ziploc bag to keep them from getting sticky and I store them in the fridge). The above recipe will make 2 pans full (12 total) ~ can be halved.

(I don't have a crown muffin pan so I baked mine in a loaf pan and cut it into 12 slices for the Quesadillas.)

Started March 6, 2006

Start 297 ~ Current 201 ~ Goal 150

Do not be wise in your own eyes; Fear the Lord and depart from evil.

Proverbs 3:7

Edited by - 3M on 3/9/2007 6:50:17 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Giant Treasure Meatballs**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:9  

Giant Treasure Meatballs

2 lbs. Lean Hamburger

1-2 T. Olive Oil

Stuffing:

1 can Diced Green Chillies

½ C. Fresh Shredded Asiago Cheese

¼ C. Grated Parmesan

¼ C. Grated Colby-Jack Cheese

Topping:

1 jar Hunt's Spaghetti Sauce (the "no sugar added" kind)

taste Parmesan Cheese

Separate the meat into 16 pieces. Flatten into burger shapes. Mix all ingredients of stuffing (including the juice from the green chillies). Divide stuffing into 8 equal parts and press them into balls using the palms of your hands. Place one ball of stuffing into the center of a hamburger patty. Top with a second patty and firmly press sides together. Make sure there are no gaps or openings in the meat.

Heat the oil in a large skillet. Carefully place the meatballs into the skillet and cook covered over medium-low heat about 10-15 minutes. (May need to drain liquid off of meat.) When browned on one side, carefully turn the patties over and cook covered on the other side until done (about 10 more minutes).

Meanwhile, heat the marinara sauce in a saucepan or microwave safe bowl.

Remove meatballs from skillet and arrange on a platter. Scoop a ladle full of sauce over each meatball and sprinkle the tops with Parmesan cheese. Serve immediately.

Lovin' Jesus and Lovin' Life!



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Stuffing:

1 can Diced Green Chillies
 ½ C. Fresh Shredded Asiago Cheese
 ¼ C. Grated Parmesan
 ¼ C. Grated Colby-Jack Cheese

Topping:

1 jar Hunt's Spaghetti Sauce (the "no sugar added" kind)
 taste Parmesan Cheese

Separate the meat into 16 pieces. Flatten into burger shapes. Mix all ingredients of stuffing (including the juice from the green chillies). Divide stuffing into 8 equal parts and press them into balls using the palms of your hands. Place one ball of stuffing into the center of a hamburger patty. Top with a second patty and firmly press sides together. Make sure there are no gaps or openings in the meat.

Heat the oil in a large skillet. Carefully place the meatballs into the skillet and cook covered over medium-low heat about 10-15 minutes. (May need to drain liquid off of meat.) When browned on one side, carefully turn the patties over and cook covered on the other side until done (about 10 more minutes).

Meanwhile, heat the marinara sauce in a saucepan or microwave safe bowl.

Remove meatballs from skillet and arrange on a platter. Scoop a ladle full of sauce over each meatball and sprinkle the tops with Parmesan cheese. Serve immediately.

Lovin' Jesus and Lovin' Life!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **2 CROCKPOT**

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QUESTIONS

Author	Posting
myboys	Posted - 23 February 2007 15:56  

I HAVE 2 DIFFERENT QUESTIONS, PLEASE HELP-
THE FIRST IS I NEED A GOOD RECIPE FOR POT ROAST IN THE CROCKPOT FOR A BONELESS CHUCK. I USUALLY USE SUZANNES SIMMER SAUCES THAT I LOVE, BUT I RAN OUT
THE NEXT QUESTION IS AWHILE AGO I MADE HER STUFFED PEPPERS IN THE CROCKPOT AND THOUGHT THEY WERE REALLY GOOD, DOES ANYONE KNOW IF THESE A FREEZABLE, SO YOU COLD TAKE OUT LATER FOR LUNCH OR WHATEVER
ANY INFO WOULD BE A HELP - THANKS

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Pot Roast**

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Author	Posting
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iwillrejoice Posted - 8 October 2004 12:27  

This is good, & really easy!

Pot Roast

1 medium onion, sliced
3 teaspoons dry instant beef bouillon granules (or 3 tablespoons of Suzanne's, I guess - haven't tried hers yet)
3 pound rump roast
Garlic powder to taste

Saute onion in a well greased skillet.
Lay 2 large pieces of aluminum foil crisscross in heavy covered casserole so bottom & sides are fully covered.
Place 1 1/2 teaspoons dry bouillon granules & 1/2 of the sauteed onions on the foil.
Sprinkle meat with garlic powder & place meat on foil.
Sprinkle remaining bouillon & onions on top of meat, wrap foil tightly around meat, & cover the casserole.
Bake for 2 hours at 300 degrees, then lower to 275 degrees for 1 hour.
Cool slightly before slicing.

I find this shrinks a bit, but the taste is deilicious, & it's falling-apart tender. I love it! Hope you do, too.

Gail

Edited by - iwillrejoice on 11/12/2004 8:07:57 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **How to Cook a Beef Round Tip Roast?**

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Author	Posting
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1goodfriend Posted - 22 February 2005 9:17  

Okay...I admit it....I am severely handicapped when it comes to cooking a roast in the OVEN. I love to BBQ, pressure cooker or crock pot.....but DH wants this one done in the OVEN! Why I do NOT know!

This is a beef round tip roast. It is 4 lbs and NEEDS to be cooked TODAY!

So HELP with any directions that you might have for me.

I was *thinking* of cutting some slits in it and putting in some garlic cloves inside....and MAYBE a bit of the Southwestern BBQ rub on it....

WHADDYA THINK?

ANY suggestions would be greatly appreciated!

I am also going out this morning to purchase a meat thermometer....I have a cnady thermometer...but don't think that would work! LOL

Thanks in advance!

~Peggy
Started Ssing 09/01
158/135/130

"I can do everything through Him who gives me strength"
Philippians 4:13

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bottom Round Roast?**

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Author	Posting
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Jenifer Posted - 15 October 2003 14:31  

What is the best way to cook this? It is getting cold and I would love to try one of the posted recipes listed but don't know if that would be good with the bottom round roast that I have in the freezer!

TIA

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bottom Round Roast?**

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BEEF STEW W/ TEX MEX?**

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Author	Posting
myboys	Posted - 7 February 2007 15:5  

HELLO LADIES,
OKAY, I NEED OPINIONS, I AM DYING TO MAKE BEEF STEW IN THE SLOW COOKER, HOWEVER, THE LAST FEW TIMES I USED THE BEEF BIOGNOINE (I THINK I SPEKED IT RIGHT) OR THE CHILI COLORADO (MY FAV) ANYWAY THE ONLY SIMMER SAUCE I HAVE LEFT IS THE TEX MEX WHICH I HAVE NOT TRIED YET. HAS ANYONE OR DO YOU LADIES THINK THIS WOLD BE GOOD IN A STEW? I KNOW IT SAYS ON ALL THE JARD THAT THERE GOOD ON BEEF, POULTRY, PORK... PLEASE HELP!

THANKS

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Author	Posting
ncpharmgirl	Posted - 17 January 2007 16:0  

Hey everyone~

I saw this on another site, and I am making it tonight for supper, you will need to " Tweak" it for SS, but it sounded great.., I will report on how it turned out..Almost Cabbage Roll Casserole

1 lb lean ground beef, uncooked (can also use ground turkey)
 3/4 cup uncooked long grain rice (can also use brown rice or barley to make it level 2)
 1 large onion, chopped
 2 cloves garlic, minced
 1/2 tsp. salt
 1/4 tsp. pepper
 28 oz can tomato sauce
 1/4 cup cider vinegar
 1/4 cup brown sugar (use legal sweetner equivalent)
 2 tsp dry mustard
 8 cups coarsely chopped cabbage (about 1 medium head)

In a large bowl, mix beef, rice, onion, garlic, salt and pepper. In another bowl, stir together tomato sauce, vinegar, brown sugar and mustard. Layer 1/3 of the cabbage in bottom of a 3 quart casserole. Arrange 1/2 of the meat mixture on top. Cover with 1/3 of the cabbage. Top with remaining beef mixture and remaining cabbage. Pour tomato sauce mixture over top, but do not stir. Casserole will be full. Cover. Place on cookie sheet to catch any spills. Bake at 325 for 2 hours without stirring. Do not uncover so the steam will cook the rice and meat. Take a small bite to see if the rice is cooked. If still crunchy, add some water (if necessary) and cook a bit longer.

4-6 servings

"Be a first rate version of yourself, not a second rate version of someone else."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot Beef and Cabbage Casserole**

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Author	Posting
JCNmyheart	Posted - 16 November 2005 14:33  

****Also in Crockpot section****
Crockpot Beef and Cabbage Casserole

- 1 medium onion, chopped
- 3 tbsp. butter
- 1 lb. ground beef (I used 2lbs)
- 1/2-3/4 tsp. salt
- 1/4 pepper
- 3 cups shredded cabbage
- 10 3/4 oz. can tomato soup

JC's notes: I used a 15 oz can tomato sauce, 1/2 can cream, 1-2 tsp. splenda and a dash of Italian seasoning. This was to replace the can of "funky" tomato soup.

****I just used a small-medium size head of cabbage and chunked it up, not shredded it.**

Saute onions in butter, add hamburger and brown w/ salt and pepper. Layer half the cabbage in the bottom of the crockpot... top w/half the hamburger/onion mixture. Repeat another layer and top with tomato soup. Cover and cook on low for 3-4 hours.

This is from the Fix-It and Forget-It cookbook.

JCNmyheart <><
Pampered Chef Consultant
<http://www.pamperedchef.biz/chanonmalone>

Edited by - jcnmyheart on 11/16/2005 2:35:50 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Lasagne and Ceasar Salad**

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Author	Posting
somersizenewby	Posted - 8 November 2006 18:4  

This is my original Lasagne I just pull out the whole wheat noodles at supper table to make it a level 1.

1 lb ground beef
 1 can 398 ml tomato sauce I used Hunts
 2 cans 156 ml tomato paste with garlic I used house
 2 tsp Italiano seasoning by clubhouse
 2 cans 284 ml mushrooms
 1 container of ricotta cheese
 1 pkg frozen spinach
 mozza cheese, provolone and parmesan. I buy the mixture pre grated in a bag
 6 lasng whole wheat noodles

saute ground beef, add mushrooms, add italiano seasoning, add tomato sauce and paste. Boil noodles as directed on pkg. Mix ricotta cheese and spinach in bowl. Spray 9x13 baking dish with pam. Layer ground beef mixture, cheese mixture, ricotta cheese and spinach mixture, one layer of noodles (3), ground beef mixture, ricotta cheese and spinach mixture, one layer of noodles (last 3) top with three cheese mixture. Bake in oven at 350 degrees for 30 minutes. Serve. I pull out the my lasagne noodles for Level 1 and peel the cheese topping off of the first layer of noodles. It comes off nicely.

Here is another recipe for homemade ceasar dressing Level 1.

1 cup hellmans mayonaise
 2 cloves crushed garlic
 1 lemon (squeeze juice)
 1/4 cup cream
 1 tsp mustard
 3/4 cup parmesan cheese
 Ground Black pepper to taste

Wisk all ingredients together and pour over romaine lettuce. NO CROUTONS. Trust me after a while you don't even miss them.

Good luck

Edited by - somersizenewby on 12/5/2006 9:44:58 PM

Edited by - somersizenewby on 12/5/2006 9:47:58 PM

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Author	Posting
iwillrejoice	Posted - 5 December 2004 20:31  

Meat-Crusted Pizza

Crust:

3 pounds ground beef
 1/2 cup diced onion
 3 eggs
 1 teaspoon garlic powder
 3 teaspoons salt
 3/4 teaspoon black pepper
 1/4 teaspoon oregano
 1/4 teaspoon basil

Sauce:

14 ounce can diced tomatoes
 1/2 teaspoon crushed red pepper
 1 teaspoon oregano
 1 teaspoon basil
 1 teaspoon black pepper
 1 teaspoon salt

Topping:

8 ounces mozzarella cheese
 20 slices pepperoni
 6 ounces cooked sausage
 1/2 cup diced green pepper
 2 ounces diced mushrooms

Preheat oven to 375F.

Mix together crust ingredients.

Separate into 2 pieces and flatten them onto cookie sheets. They will be about 1/2-inch thick when you are done.

Bake for 30 minutes, pouring off any fat that may have collected.

Meanwhile, mix together the sauce ingredients.

Spread over both crusts.

Put your remaining ingredients on and put back in the oven for about 15 minutes.

Enjoy!

I've had this recipe for ages. It's been around for a while. I found it on an Atkin's or low-carb mailing list.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **london broil**

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Author	Posting
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myboys Posted - 24 October 2006 10:56  

this may sound strange, but does anyone know of a london broil recipe for a slow cooker?!! if not, can you post some london broil recipes, i wold appreciate it!! thanks.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **All beef chili for hot dogs or other**

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Author	Posting
mamabj	Posted - 12 November 2006 8:14  

Here is a recipe I tried for all beef chili that is legal. Not Hormel No Beans, but it will do.

All Meat Chili Recipe (For Hot Dogs or)

2 lbs. ground beef
 1 c. water
 1 lg. minced onion
 5 oz. Worcestershire sauce
 2 tbsp. chili powder
 5 tbsp. A-1 sauce
 1-2 tbsp. ketchup (legal)
 Salt and pepper to taste

Simmer ground beef and water 15 minutes. Add remaining ingredients and cook slowly for 2 hours (add water a little at a time if needed). If sauce is not smooth, beat with egg beater. Serve over hot dogs.

If I want chili/cheese chips, I melt some nacho cheese mix shredded cheese with it and top w/some diced onion.

I know there is a recipe on here for Lawry's seasoning mix, I haven't tried it, but I think that could be used in this too.

I think it would be good with "Directions for Provolone Chips & Taco Shells" by 1goodfriend under Munchies and Chips

mamabj
 250/189

Edited by - mamabj on 11/12/2006 8:41:19 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **All beef chili for hot dogs or other**

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Author	Posting
mamabj	Posted - 12 November 2006 8:14  

Here is a recipe I tried for all beef chili that is legal. Not Hormel No Beans, but it will do.

All Meat Chili Recipe (For Hot Dogs or)

2 lbs. ground beef
1 c. water
1 lg. minced onion
5 oz. Worcestershire sauce
2 tbsp. chili powder
5 tbsp. A-1 sauce
1-2 tbsp. ketchup (legal)
Salt and pepper to taste

Simmer ground beef and water 15 minutes. Add remaining ingredients and cook slowly for 2 hours (add water a little at a time if needed). If sauce is not smooth, beat with egg beater. Serve over hot dogs.

If I want chili/cheese chips, I melt some nacho cheese mix shredded cheese with it and top w/some diced onion.

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Author	Posting
mamabj	Posted - 9 November 2006 14:11  

I made this over the weekend. It turned out well.
Serves 8

Ingredients:

1.00 tb Vegetable Oil
2.00 lb Sirloin Steak *
2 medium chopped onions
1 lb Fresh Mushrooms, Sliced
2 t salt (to taste)
2 t pepper (to taste)

Sauce:

2 c sour cream
1/4 c cream cheese for thickening
2 t brown mustard

Instructions:

Sirloin Steak is to be boneless and sliced into thin strips.
Stir oil and meat in until beef is seared and cooked. Season with salt and pepper.
Remove meat from pan, reserve meat and juices.
Add mushrooms and onion to meat juices.

Steam enough cauliflower to make 4 c julienned (about 1/2 large head) while meat is cooking.

Mix mustard, cream cheese and sour cream.

Stir in reserved meat, then sour cream mixture.

I julienne my cauliflower with my electric mandoline. You could also rice it.

I hope you enjoy.

mamabj
250/189

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Pirate Patties**

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Author	Posting
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IWedRich Posted - 11 September 2006 18:13  

2 lbs. ground beef
2 eggs
Spice it up:
Dried minced Onion, garlic, italian seasoning, Ceyenne - you really choose the seasingings you want.
1/2 C. pork rind flour

Stuff with:
1 olive
1-2 slices of pepperoni
1 cube mozzarella cheese

Bake on a cookie sheet in 350 Oven, about 10 - 15 minutes each side. My oven is ancient - so you may want to check for doneness along the way. Don't bake too long or the meat will be dry.

"Matey Sauce" 1 pkt Hidden Valley Fiesta Ranch (prepared with sour cream)
Half a can of Hunt's no sugar added Marinara.

It was very tasty! My kids really liked it!

Lovin' Jesus and Lovin' Life!

Edited by - IWedRich on 9/13/2006 11:22:03 AM

Edited by - IWedRich on 9/13/2006 11:25:12 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Baked Spaghetti Squash (Lasagna)**

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Author	Posting
joey15	Posted - 6 October 2006 8:36  

This recipe was in the September 2006 issue of Better Homes and Gardens. Submitted to the magazine by Christine Wood. My modifications are at the end.

Baked Spaghetti Squash

1 medium spaghetti squash (2 1/4 lb.)
 12 oz bulk sausage
 1 1/2 cups sliced mushrooms
 1 medium green or red sweet pepper, chopped
 1/3 cup finely chopped onion
 3 cloves garlic, minced
 1 4 1/2 oz. can chopped pitted ripe olives (optional)
 1/2 tsp. dried Italian seasoning, crushed
 1 1/2 half cups purchased red pasta sauce
 1 1/2 cups shredded Monterey Jack, mozzarella, or Italian blend cheese
 1/4 cup snipped fresh Italian parsley

1. Halve squash and remove seeds. Place cut sides down in a 2 quart rectangular baking dish. Add 1/4 cup water. Cover with vented plastic wrap. Microcook on high power 13-15 minutes or until squash is tender when pierced with a fork. Rearrange once for even baking. In a large skillet, cook sausage, mushrooms, pepper, onion, and garlic over medium heat until sausage is no longer pink. Stir to break up sausage. Drain off fat.
2. Preheat oven to 350. Scrape pulp from squash (about 3 cups). Wipe out baking dish and coat with PAM. Spread half the squash in the dish. Add half the sausage mixture and half the olives. Sprinkle with seasoning and 1/8 tsp of black pepper. Top with half the sauce and half the cheese. Top with remaining squash, sausage, olives and sauce. Bake for 30 minutes. Sprinkle with remaining cheese. Bake for 5 minutes or until cheese is melted. Let stand 10 minutes. Sprinkle with parsley. Serves 6.

I made this last night for dinner and it was a big hit. I left out the olives because neither my husband nor I likes them and we used a pound of ground beef in place of the sausage because we had it on hand. I also just sprinkled some basil and oregano instead of the Italian seasoning because I didn't have that. We used a green pepper and mozzarella for the cheese. It was easy and good!

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Author	Posting
coblentzjx	Posted - 19 November 2003 7:49  

Here's one of my favorite company dishes.

Beef Paprika

Ingredients:

1/4 C butter
 2 lb stew beef cubes
 1 C chopped onion
 1 small clove garlic, minced
 3/4 C sugar free ketchup
 2 T worchestershire sauce
 1 t Somersweet
 2 t salt
 2 t paprika
 1/2 t dry mustard
 dash cayenne red pepper
 1 1/2 C water
 1/4 C cream

Simmer beef(just cover with water) 4-8 hours in a crockpot (It will be almost falling apart.) Melt butter in a skillet. Add beef, onion and garlic. Cook and stir until onion is tender. Stir in ketchup, worchestershire sauce, SomerSweet, salt, paprika, mustard, cayenne and 1 1/2 C water. (I add water first.) Simmer for one hour. If liquid is evaporating too quickly, you may cover, however if covered the whole time, it will take two hours to cook down. Stir in cream gradually. Heat to boiling, stirring constantly. Boil and stir 1 minute.

When having company, I often use 3 lb of beef and double the rest of the ingredients. We have served it over noodles in the past but now that we're Somersizing, we must be creative. If anyone tries anything that works well let me know. My DH likes this as a Calzone filling with mozzarella cheese. Has anyone tried using the pizza crust for calzones?

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Author	Posting
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3M

Posted - 9 October 2006 10:45



We have meatloaf every other Sunday afternoon, it makes a great dinner after worship services.

Meatloaf

1 (15 ounce) can tomato sauce; reserve 1/2 cup for the top
 1 teaspoon minced garlic
 1/2 teaspoon dried basil
 1/2 teaspoon dried oregano
 1/4 teaspoon salt
 2 eggs
 1/4 cup chopped onion
 1/2 cup chopped zucchini
 2 pounds hamburger

On Saturday evening, I mix all of the ingredients together and put it in my glass loaf pan. I put the 1/2 cup reserved tomato sauce in a small bowl with a lid and keep in the fridge until needed. I cover the meatloaf with plastic wrap and put it in the fridge overnight.

On Sunday morning, I preheat the oven to 200 and at about 9 AM I put the meatloaf in the oven. I also put a large roasting pan on the lower rack and fill it most of the way up with water just in case it should spill grease. (Mine never has but I think it is a good precaution anyway.) We are gone for 4 hours and when we come home the house smells wonderful. I check the meatloaf and drain off the grease. I put the reserved tomato sauce on the top and turn the heat up to 350 while I make some side dishes. You could also melt some cheese on the top if you like.

To make for a week night dinner, mix it up and bake it at 350 for 45 minutes. Top with the 1/2 cup reserved tomato sauce and bake 15 more minutes.

Hope you all enjoy it!

Started March 6, 2006

Start 297 ~ Current 227 ~ Goal 150

Fear God, and keep His commandments: for this is the whole duty of man.
 Ecclesiastes 12:13

Edited by - 3M on 10/10/2006 7:58:27 AM

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Author	Posting
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Cat

Posted - 23 April 2004 9:11  

2 Tbs olive oil
 1 tsp sesame oil
 5# beef brisket
 1/2 tsp lemon pepper seasoning
 3 Tbs grated lemon peel
 1 med lemon juiced
 1 Tbs grated ginger root
 2 Tbs soy sauce
 1 Tbs worchestershire sauce
 1 14oz can beef broth, or your beef stock
 1 tsp salt
 1 tsp somersweet

Heat olive oil & sesame oil in 12" skillet. Sprinkle beef with lemon pepper seasoning and brown the brisket on all sides.

Place beef in 5-6 qt slow cooker. Mix lemon peel, lemon juice, ginger root, soy sauce, worchestershire sauce, beef broth, salt & somersweet together and pour over brisket.

Cover & cook 8-10 hours on low heat setting. Meat can be cut across grain for thin slices, or pull apart with 2 forks for shredded style.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Somersized Hamburger Helper**

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Author	Posting
gopmom2	Posted - 27 September 2005 10:52  

I grew up on hamburger helper. I fed my children hamburger helper and I LOVE hamburger helper. That is partly the reason I have to loose weight. I made 'hamburger' helper last night for dinner and it was a huge success. I made enough to anticipate leftovers and my kids wanted me to pack it in their thermos's for lunch today. I hope you like it. I know if you make it you will love the ease of this dish. Fast, easy, and really good.

Somersized Hamburger Helper

2 lbs. ground beef (note @ bottom of post)
 1 16 oz. jar salsa (note @ bottom of post)
 2 C sliced mushrooms
 2 C shredded colby jack cheese
 Dollop of sour cream if desired

Brown ground beef with sliced mushrooms until slightly pink. Add the jar of salsa. Continue to cook until most of moisture is evaporated. Put shredded cheese on top of meat mixture. Cook on low to melt the cheese. I did not put the lid on as I did not want it 'soupy'. Dollop on sour cream if desired. Serve with green beans.

Note I used Laura's lean ground beef available at Kroger. I used Arriba' Fire roasted South Western Garlic & Cilantro Salsa in medium, also available at Kroger. This was not too spicy for my non-spicy food eaters. They have other very good legal salsa's, but some aren't such as the one's with corn and beans. Just check them out the one I used was very flavorful and I didn't even add one spice to the recipe.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **chicken / corizo stew**

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Author	Posting
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DDTyler Posted - 15 September 2006 22:27  

chicken tenders cubed
pkg corizo sausages with casing removed, quartered
1 15oz can diced tomatoes (fire roasted best)
turnips diced
sliced onion and chopped green onion.
green pepper or whatever kind you like
2T olive oil, salt & pepper to taste
1 15oz can of your choice of beans, drained
2 t. hot sauce (optional)
1 qt. chicken stock
3 cloves garlic
Brown chicken cubes in 2 t. olive oil in pot,
season with salt and pepper, add corizo and garlic and cook about 3 min.,
add peppers and onions and diced turnips. Cook about 5 min and add chicken
stock, tomatoes, beans and hot sauce. Bring to a bubble then turn to simmer
until turnips are tender. Top with green onion when serving. Good with a
cheese chip made from melting parmesan cheese in a nonstick skillet and
heating till crisp.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **chicken / corizo stew**

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3 cloves garlic
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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **meatballs??**

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Author	Posting
FinanceWoman	Posted - 8 August 2006 11:25  

I need a good meatball recipe. Anyone?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Need a good Ground Beef Enchilada or Burrito Reci**

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Author	Posting
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Taylyn

Posted - 28 June 2006 21:31



I LOVE mexican food and would love to have a good ground beef enchilada recipe and also a good burrito one too.
Thanks!!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Red Beef Enchiladas with Egg Tortillas**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:36  

Red Beef Enchiladas with Egg Tortillas

Preheat Oven to 400°

1 Pro/Fat Crepe Recipe

1 Spicy Seasoned Ground Beef Recipe

16 oz. Enchilada Sauce

1 C. Grated Cheese, Cheddar, Jack, Oaxaca or any combination works great
Sour Cream, optional

Fill tortilla with piping hot beef. Roll up and place in a baking dish. Heat enchilada sauce in pan. Pour heated sauce over enchiladas. Sprinkle grated cheese on top. Bake briefly, just until cheese melts, about 10 minutes. When Enchiladas are done, carefully lift them onto plates, top with sour cream if desired. Serves well with salad.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Spicy Seasoned Ground Beef**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:35  

Spicy Seasoned Ground Beef

3 T. Olive Oil
1 lg. Onion, diced
5 Garlic Cloves, diced
1 C. Water
2 lb. Ground Beef
1 can Diced Green Chilies, small can
4-6 T. Chili Powder
3-4 T. Cumin
2 t. Salt
2 t. Paprika
¼ t. Black Pepper
½ t. Cayenne, optional

Heat olive oil in saucepan. Sauté onion and garlic until translucent. Meanwhile combine the beef with the green chilies and spices. Add water to the onion/garlic mix in saucepan. Add beef mixture. Cook on medium to medium-high heat, stirring regularly to break up the chunks of beef, about 30 minutes. Drain well. Serve, refrigerate or freeze.

Use this for Tacos, Enchiladas, Burritos - all Somersize, of course!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ropa Vieja - (Rope-a Vee-ai-ha)**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:34  

Varied from a friends recipe.

Ropa Vieja - (Cuban Beef Stew)
 2 ½ lbs. Flank Steak, cut in strips
 5 T. Olive Oil
 5 Garlic Cloves, minced
 1 lg. Onion, chopped
 1 Green Pepper, diced
 ¼ t. Black Pepper
 8 oz. Tomato Sauce
 1 C. Water
 6 oz. Sofrito
 2 oz. Capers
 1 Pro/Fat Crepe Recipe

Heat 3 T. olive oil in skillet and brown the meat strips on all sides. Remove from skillet. Add remaining oil to skillet and add garlic, onion and bell pepper. Cook until translucent. Stir in black pepper, browned meat, tomato sauce, water and sofrito. Simmer until meat is tender and shreds easily, about 1 hour. Serve with Crepes or Noodles (crepes cut into strips).

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Chorizo and Cabbage**

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Author	Posting
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IWedRich Posted - 11 September 2006 18:27  

Another good Latino Dish!

- Chorizo and Cabbage
- 12 oz. Manchengo Cheese (or any mild white melting cheese)
- 3 T. Olive Oil
- 1 med. Onion, chopped
- 1 sm. Banana Pepper, chopped
- 3 Garlic Cloves, chopped
- 12 oz. Chorizo
- 3 C. Cabbage, sliced (about 1/2 head)
- 2 C. Water
- 1 Pro/Fat Crepe Recipe

In small crock-pot, or non-stick saucepan melt cheese. In heavy skillet heat olive oil. Add onion, garlic and pepper and cook about 3 minutes. Add chorizo and cook about 10 minutes. Add cabbage and water. Let cook on med-low heat until liquid is almost all cooked off (about 30 minutes). Make the crepes large and slice them pizza style. In each triangle pile up the chorizo mix and the melted cheese. Top with sour cream and serve with fresh cut tomatoes and lettuce.

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Author	Posting
IWedRich	Posted - 11 September 2006 18:26  

I could eat Mexican Food EVERY DAY. So I have had to develop my own SS recipes to include Mexican Food! This is one of my favorites!

Carne Asada
 4 T. Olive Oil
 2 lb. Skirt Steak, tenderized
 2 -4 T. Chili Powder
 1 t. Garlic Salt
 2 Jalapeno Peppers
 2 Long Yellow Peppers
 1 Bunch Green Onions, trimmed
 1 med. Onion, cut into thick rings
 4-5 Cloves Garlic, sliced thin
 ½ C. Fresh Cilantro, chopped
 1 Pro/Fat Crepe Recipe

Set burner to medium-high. Heat oil in a large heavy skillet. Begin to brown the meat, sprinkling on the Chili Powder, Annatto Powder and the Garlic Salt. Under the meat in the pan, place the peppers, onions and garlic. Reduce temperature to low. Add cilantro to top of meat (it will turn in as you turn the veggies and meat. Cover, but leave the lid slightly askew. Lift meat and turn vegetables often, also turning meat for even cooking. Cook about 1 hour, until peppers are falling apart. Turn burner off and let sit about 10 minutes. Serve with Pro/Fat Crepes, sour cream and Pico de Gallo.

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Author	Posting
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IWedRich Posted - 11 September 2006 18:18  

Cheaper cut of meat made to taste gourmet!

Pounded Sage Steak

2 Boneless Steaks about 1 lb each

1 box Fresh Sage chopped

½ C. Olive Oil

3 T. Worcestershire Sauce

3 T. Tarragon White Wine Vinegar

taste Garlic Salt & Pepper

Pound the steaks with a mallet on both sides until the meat flattens out to about ¼ inch. Mix together the remaining ingredients in a non-corrosive dish. Marinade 2 hours or more. Pan-fry the steaks in the juices from the marinade. Cook over medium heat, 5 minutes on each side for medium rare to medium. Slice steak at an angle and slightly spread on a platter to serve. This steak is wonderful with Cajun Style Butter. Blend together softened butter with Cajun seasonings and chill.

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Author	Posting
IWedRich	Posted - 11 September 2006 18:6  

¼ C. Olive Oil
1 stick Butter
2 lb. Beef Steak (thinly sliced) *Use a cheaper cut of meat, this recipe will tenderize as it cooks.
3 med. Onion, sliced
3 Garlic Cloves, chopped
6 oz. Marie's Creamy Italian Garlic Salad Dressing
3 C. Cabbage, sliced (about ½ head)
1 Green Bell Pepper, sliced
1 Red Bell Pepper, sliced
8 oz. Heavy Whipping Cream
Garlic Salt
Pepper

Heat oil and butter in the bottom of a Dutch oven or Nesco type cooker. Add meat and brown. Season browned meat with garlic salt and pepper. Add salad dressing and coarsely sliced onions and garlic. Let simmer for about 30 minutes. Add peppers and cream. Cover and simmer another 30 minutes. Add cabbage and simmer until cabbage is just wilting, about 20 more minutes.

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Author	Posting
DebB	Posted - 19 September 2003 18:39  

Crock Pot Hungarian Goulash

2 pounds round steak -- cut into 1/2 inch cubes.
1 C chopped onion
1 clove garlic -- minced
1/2 tsp salt
1/2 tsp pepper
1 1/2 tsp paprika
1/4 tsp thyme -- crushed
1 bay leaf
1 can tomatoes -- (1 14 1/2 oz)
1 c sour cream

Put steak cubes, garlic, onion in Crock Pot. Add all remaining ingredients except sour cream. Stir well. Cover and cook on low 8-10 hours or high 4-5 hours. Add sour cream 30 minutes before serving and stir thoroughly.
Cat Mania @ Protein Power

Deb's notes: I used chuck steak. I like to use the cheap, fat cuts of meat in the c.p., as they're more tender.

Started Somersizing 3-01
270/175/165
sdbruce@amerion.com

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Author	Posting
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Debits2000	Posted - 15 March 2006 7:5  
------------	--

This is a SS version of a dish we love.

Ingredients:

1 cooked spaghetti squash, threaded to make about 3 cups of "pasta"
 2 T. butter
 1/3 cup grated parmesan cheese {I use a chunk and grate my own..so much better than stuff in can}
 2 eggs, well beaten
 1 cup whole milk ricotta cheese
 1 lb. ground beef {I use 85%}
 1/2 cup chopped onions
 1/4 cup chopped green peppers
 1 cup petite diced tomatoes {I use canned}
 1 6 oz. can of tomato paste
 1 t. of sugar substitue {this cuts bitterness of tomatoes, can omit}
 1 t. dried crushed oregano
 1/2 t garlic powder
 1 t. basil leaves, crushed
 1/2 t. thyme leaves, crushed
 1/2 t. marjoram
 Salt & pepper to taste
 1/8 t. hot pepper flakes - optional
 4 - 6 ounces of whole milk mozzarella cheese
 (Wal Mart carries "Precious" brand FRESH...it is so much better: creamy and mild and melts great)

Directions:

After baking and threading squash, stir butter into the squash threads. Stir in parmesan cheese and eggs. Put the "spaghetti" in to a buttered 10 inch pie place forming a "crust" shape. Spread ricotta cheese over the bottom of the crust. Set Aside.

In skillet, cook ground beef and drain and remove. In same skillet, after draining all but 2 T of fat: saute the onions and green peppers till veggies are tender. Drain any remaining fat. Add the beef back and stir in undrained diced tomatoes, the tomato paste, sugar sub and spices.

Pour the meat mix into the "pie crust". Bake, uncovered, at 350 degrees for 20 minutes. Sprinkle mozzarella cheese on top, and bake 5 more minutes or until cheese melts. Let stand 5 minutes before serving.
 Serves 6.

Debi

"Everything is better the second time around!"

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Author	Posting
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Margo_39	Posted - 18 July 2006 12:40  
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This recipe is a family favorite:

Beef Zucchini Boats

5-6 zucchini, raw, cut lengthwise

1 lb ground beef

1 chopped onion

1 32-oz jar spaghetti sauce, no sugar added (I use Classico Tomato & Basil)

Shredded cheese (mozzarella)

Italian Seasoning to taste

Salt & Pepper to taste

Preheat oven to 325 F.

Brown ground beef with chopped onion. While that is cooking, slice zucchini lengthwise. Take a spoon and moving long ways, gently move spoon back and forth inside the zucchini, hollowing it out to make a "boat". Save the zucchini pulp, chop it and add to the meat mixture. Add the spaghetti sauce to the meat mixture. Next, add italian seasoning to the mixture and let it simmer a few minutes.

Take the zucchini shells and microwave them for about 2-3 minutes or until soft. Spray a big baking dish with olive oil spray, and line up the empty zucchini shells in the baking dish. Season to taste. Next, Sprinkle shredded mozzarella cheese inside the zucchini shells. Then add the cooked meat mixture into the shells, mounding the mixture on top. Top with more shredded cheese (I use the Shredded Mexican cheese blend from Kraft at this point, because my family likes it better).

Bake until the cheese is melted, and serve.

Hope you enjoy it.

Karen

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Author	Posting
Margo_39	Posted - 18 July 2006 12:40  

This recipe is a family favorite:

Beef Zucchini Boats

5-6 zucchini, raw, cut lengthwise

1 lb ground beef

1 chopped onion

1 32-oz jar spaghetti sauce, no sugar added (I use Classico Tomato & Basil)

Shredded cheese (mozzarella)

Italian Seasoning to taste

Salt & Pepper to taste

Preheat oven to 325 F.

Brown ground beef with chopped onion. While that is cooking, slice zucchini lengthwise. Take a spoon and moving long ways, gently move spoon back and forth inside the zucchini, hollowing it out to make a "boat". Save the zucchini pulp, chop it and add to the meat mixture. Add the spaghetti sauce to the meat mixture. Next, add italian seasoning to the mixture and let it simmer a few minutes.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Hamburgers**

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Author	Posting
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3M

Posted - 26 July 2006 10:9  

Grilled Hamburgers with Sauce and Cheese

I use an indoor grill to make these. Grill enough hamburgers for your family. While they are cooking, preheat the oven to 350. When the burgers are done, transfer to a baking pan. Top each burger with a couple spoonfuls of legal spaghetti sauce. I use Ferratto's Tomato and Basil pasta sauce. It is available at Save-A-Lot for \$1.49. Then top each one with cheese. Bake 10 - 15 minutes to melt the cheese and heat the sauce.
Hope you enjoy them!

Start Date March 6, 2006

Start 297 ~ Current 245 ~ Goal 150

Fear God, and keep His commandments: for this is the whole duty of man.
Ecclesiastes 12:13

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Author	Posting
Margo_39	Posted - 19 July 2006 0:52  

Beef-Squash-Tomato "Pie"

2 large tomatoes, thinly sliced
 bunch of cherry tomatoes, thinly sliced
 1 large zucchini, thinly sliced
 1 large yellow squash, thinly sliced
 2 turnips, peeled and sliced thin (optional)
 1 chopped onion
 1 cup chopped red & green bell peppers
 1 large bag shredded Swiss cheese, divided
 1 teaspoon Kosher Salt
 2/3 teaspoon Italian seasoning
 2/3 teaspoon ground black pepper
 4-5 eggs, lightly beaten
 1 - lb lean ground beef, cooked, drained, and cooled
 Butter to grease casserole dish

Pre-heat oven to 400 degrees. Butter a shallow casserole dish.
 In a large bowl, combine zucchini, squash, turnips, onion, bell peppers, 3/4 bag of Swiss cheese, eggs, cooked ground beef, salt, Italian seasoning, and pepper until well blended. Arrange half of the tomato slices on the bottom of the pie plate, using combination of large & cherry tomatoes. Evenly spoon beef-vegetable mixture over tomatoes, pressing slightly to flatten. Arrange remaining tomato slices on top; sprinkle with remaining cheese. Bake until vegetables are tender, about 1 hour.
 Karen



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Author	Posting
cctwins4	Posted - 23 January 2005 18:24  

There is this great Mexican place where I live that makes these wonderful chile renos. I cant live without them so I SSed. Hope you enjoy.

Ingredients

4 large green peppers
 1 lb hamburger
 1 small sweet onion
 1 block Mexican cheese(white american with hot peppers)
 Legal taco seasonings

First cut the peppers into 4ths and lay on greased cookie sheet. Pour about 1/2 cup water into cookie sheet(you want a little steam) Then bake the peppers at 400' till they are soft and the skin is starting to blister. Then remove the peppers from the oven and let them rest.

While your peppers are roasting brown your hamburger and add your onion(chopped small) when your onions are browned and hamburger is done add your taco seasonings. once that has cooked down if you need to drain your hamburger you can .

Now to assembly your chile renos Stuff your peppers with the meat mixture and some shredded cheese(mexican cheese) Then top each chile reno with a big slice of the mexican cheese. Make sure you cover the whole pepper. Then put the peppers back into the oven at 400 and bake till they are nice and bubbly.



The cheese is a block but if you cant find it like that get some deli white american and chop up some hot peppers. Dont get pepper jack cheese it DOSEN'T melt the same.

Hope you enjoy. Carissa

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Author	Posting
janland	Posted - 28 November 2003 15:35  

This is a recipe I made up and have served to many. Everyone that has tasted it requests the recipe. Preparation time is approximately 10-15 minutes.

Janice's Goulash

1 1/2 lb. ground beef (I use sirloin)
 1 medium onion, chopped
 1/2 green pepper, chopped
 salt
 brown the above and drain well. Add 2 cans diced tomatoes with juice
 1 small can tomato paste (Hunt's has no sugar added)
 1 T. Essence of Emeril

Cook on medium for about 5 minutes. Shred 2 cups of cheddar, cojack or Colby cheese. Turn off heat and stir cheese into the mixture. Serve when cheese is just about melted. If you want add another 1/2 T. of the Essence of Emeril for a spicier taste.

ESSENCE OF EMERIL

T. = tablespoon t. = teaspoon

2 1/2 T. Paprika
 2T. salt
 2T. garlic powder
 1T. black pepper
 1 T. onion powder
 1T. cayenne pepper
 1T. dried oregano
 1T. dried thyme

mix well and store in an airtight container. For a bit spicier flavor I also add 1T. crushed red pepper.

janland@comcast.net
 Janice

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BLUE CHEESE STUFFED HAMBURGERS**

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Author	Posting
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micahsprincess Posted - 19 April 2004 14:55  

My boyfriend absolutely loves these:

BLUE CHEESE STUFFED HAMBURGERS

2 lbs. ground beef
 1 tablespoon minced garlic
 1 teaspoon salt
 1/2 teaspoon freshly ground black pepper
 1 teaspoon of SPECIAL SEASONING (*recipe follows)
 12 ounces of blue cheese

In a bowl, combine beef, garlic, salt, pepper and special seasoning and mix gently but thoroughly. (like you mixup meatloaf..hands are okay to use)!!!

Divide mixture into 8 equal patties. In a separate bowl, crumble blue cheese and form cheese into 4 equal patties.

Place 1 cheese patty on each of 4 beef patties. Top with remaining 4 beef patties, pinching the edges under to seal the cheese between the patties completely.

Place the stuffed patties on the grill and cook to desired temperature, about 2 to 3 minutes per side for medium-rare (Alternately, you can cook the patties in a large skillet over medium-high heat as well...totally your preference).

SPECIAL SEASONING RECIPE (from Emeril Lagasse himself and the Food Network)

2 1/2 tablespoons paprika
 2 tablespoons salt
 2 tablespoons garlic powder
 1 tablespoon black pepper
 1 tablespoon onion powder
 1 tablespoon cayenne pepper
 1 tablespoon dried leaf oregano
 1 tablespoon dried thyme

Combine all the spices in a airtight jar or container, cause there will be a ton for you to use in the future and it's also wonderful on chicken and fish...

ENJOY EVERYONE...it's awesome with a lettuce leaf as the bread, mayo and tomatoes!!!

YUMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM!!!!
 PRINCESSARGIE

Princessargie

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Author	Posting
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glitterskate Posted - 22 June 2006 19:34  

I have heard there is a recipe for Blue Cheese Meatloaf. Does anyone know where I could find it or if someone has it can you post it here?

Glitterskate

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Author	Posting
glitterskate	Posted - 17 June 2006 14:36  

Is Brunschweiler legal? I sorted through all the brands at the store and thought I had found one with no sugar in it but upon getting it home and reading the label again I see it has Dextrose about in the middle of the ingredient list. Any one have any ideas?

Glitterskate

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Sixty MinutePot Roast From Fast&Easy**

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Author	Posting
db1944	Posted - 14 June 2006 20:56  

We just finished this wonderful pot roast for dinner and I can truly say it was great....Even my DH loved it because the gravy was nice and thick. No one would believe there was no flour nor thickeners in it....The recipe is from the Fast&Easy cookbook and it is on Pg 20 of the Somersize Pressure Cooker recipe book. If you use the Pressure cooker recipe book, DO NOT use 3 cans of beef broth like the directions say unless you want a thin sauce. The F&E cookbook says to use a one 14 oz can of beef broth and that is exactly what I used and the gravy was perfect. Also, I only had a 2 1/2 lb rump roast instead of a 5 lb as the recipes call for but I did not cut the gravy in half because I wanted to have gravy left over to freeze. I let the pressure cooker come to a "hiss" and set the kitchen timer for 30 minutes. It was marvelous.....Hope you try it..

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Blue Cheese Meatloaf**

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Author	Posting
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pinkscooter Posted - 10 November 2005 11:34  

Does anybody out there have Suzanne's Blue Cheese Meatloaf recipe? I really loved it when I was last Somersizing, and I would like to make it again since I just started SSing again. (lost my recip book!)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **beef stroganoff and what to put it on**

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Author	Posting
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karma Posted - 21 March 2004 9:35  

1 lb ground beef
1/2 block cream cheese
1/2 c sour cream
1/2 stick butter
1 onion, chopped
garlic powder and salt to taste

cook onion. add beef and cook til browned; drain. add seasonings and stir. add butter, cream cheese and sour cream. cook til melted. i miss noodles, but i replaced them with scrambled eggs and it was great. prob a good b-fast, too.

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Author	Posting
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Twinkle	Posted - 10 February 2006 16:22  
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This is a very tasty recipe. GReat when you just want to throw something together quick.

Try it...i guarentee you will enjoy its unique and zesty, different flavour.

Mozzarella & "Rice" Bake

1 1/2lbs ground beef
 2 cups cauliflower "rice"(see below)***
 1 26oz jar of no sugar added spaghetti sauce
 3 small eggplants
 8oz mozzarella cheese cubed
 6 mozzarella cheese slices
 1 tsp garlic powder
 1 tsp red pepper flakes
 1 TBL italian seasoning
 2 TBL dried minced onion
 salt and pepper to taste
 freshly grated parmesan cheese

Preheat oven to 400degrees.

Cut eggplants into 1/2in rounds, sprinkle with salt and drizzle with olive oil.

Bake for 30 minutes turning once(if desired).

Brown and drain ground beef; mix with "rice".

Add spaghetti sauce,spices, salt and pepper, then cheese cubes.

Place 1/2 of the prepared eggplant slices on bottom of oven safe dish,just to cover.

Pour beef/cheese mixture over top of eggplant slices, smooth.

Top with mozzarella cheese slices.

Place remaining eggplant slices over cheese.

Place in oven and bake for 20 minutes OR

until cheese is melted and casserole is bubbly and heated through.

Top with freshly grated parmesan cheese.

ENJOY!!!!!!

Great with a big somersized caesar salad!!

YUMMMMMMMMMM!!!!

Makes 4 to 6 servings....

ENJOY!!!!

***CAULIFLOWER RICE:

Coarsely grate or food process 1/2 raw head of cauliflower.

Twinkle, Twinkle little star how I wonder what you are...

Edited by - Twinkle on 3/2/2006 2:01:21 PM

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Author	Posting
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Twinkle	Posted - 10 February 2006 16:22  
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This is a very tasty recipe. GReat when you just want to throw something together quick.

Try it...i guarentee you will enjoy its unique and zesty, different flavour.

Mozzarella & "Rice" Bake

1 1/2lbs ground beef
 2 cups cauliflower "rice"(see below)***
 1 26oz jar of no sugar added spaghetti sauce
 3 small eggplants
 8oz mozzarella cheese cubed
 6 mozzarella cheese slices
 1 tsp garlic powder
 1 tsp red pepper flakes
 1 TBL italian seasoning
 2 TBL dried minced onion
 salt and pepper to taste
 freshly grated parmesan cheese

Preheat oven to 400degrees.

Cut eggplants into 1/2in rounds, sprinkle with salt and drizzle with olive oil.

Bake for 30 minutes turning once(if desired).

Brown and drain ground beef; mix with "rice".

Add spaghetti sauce,spices, salt and pepper, then cheese cubes.

Place 1/2 of the prepared eggplant slices on bottom of oven safe dish,just to cover.

Pour beef/cheese mixture over top of eggplant slices, smooth.

Top with mozzarella cheese slices.

Place remaining eggplant slices over cheese.

Place in oven and bake for 20 minutes OR

until cheese is melted and casserole is bubbly and heated through.

Top with freshly grated parmesan cheese.

ENJOY!!!!!!

Great with a big somersized caesar salad!!

YUMMMMMMMMMM!!!!

Makes 4 to 6 servings....

ENJOY!!!!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Leftover Corned Beef**

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Author	Posting
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Debits2000 Posted - 17 March 2006 16:56  

This might sound a bit odd, but it is delish!

Corned Beef and Eggs

Ingredients:

1 medium onion, sliced into thin rings
leftover corned beef, in bite size shreds {about 2 cup}
6 large eggs, scrambled
1 ½ T oil

Directions:

In medium skillet, heat oil over medium high heat, add onions and sauté until they just start to get light golden brown. Add corned beef to skillet and heat for about 5 minutes over medium heat, making sure to keep stirring the beef and onions to keep from burning. Add the scrambled eggs to the skillet and let it cook. You can stir the eggs as they cook to make this scrambled or you can let the eggs cook and set and make it more omelet like. This is great with deli mustard and will serve 2- 3.

Debi

"Everything is better the second time around!"

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Author	Posting
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DebB

Posted - 5 March 2004 17:41



Reuben Casserole

Mix 1 jar of drained and rinsed sauerkraut with 1/4 cup of LC 1000-Island dressing and a good sprinkle of caraway seeds, then layer it with 1/2 pound (or so) chopped up sliced corned beef from the deli and 1/2 pound (or so) sliced Swiss cheese. Bake the whole thing in a nice deep dish until hot and bubbly.

.....

* Deb's notes: I do not rinse my sauerkraut - I did that once, but it really cut back on the flavor - it was quite bland, so now I don't rinse it. I find the kraut in a jar has more flavor than that in a can. I have never tried it with deli corned beef - I always use leftovers from cooking a corned beef. Sometimes I just make a small corned beef just for this casserole. I apologize that this is one of those "just throw it all together" recipes, without exact amounts, but I just copied it off another site. I'm also sorry that I cannot credit its original poster.

.....

Here is the "Kraft 1000 Island Salad Dressing" recipe I use (it tastes great!)

1/2 cup mayonnaise

* 2 tablespoons ketchup (I use Estee sugar free brand)

1 tablespoon white vinegar

2 teaspoons sugar (I use 2 splenda packets, we like it a bit sweeter)

2 teaspoons dill relish

1 teaspoon finely minced white onion (I use dried, it's easier)

1/8 teaspoon salt

dash of pepper

Combine all ingredients in a small bowl. Stir well. Place dressing in a covered container and refrigerate for several hours, stirring occasionally, so that the sugar dissolves and the flavors blend. Makes about 3/4 cup.

* blueladybug's tip ~ she substitutes tomato puree or tomato sauce for the ketchup

Started Somersizing 3-01

270/175/175

sdbruce@amerion.com

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Corned Beef and Cabbage**

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Author	Posting
jdt	Posted - 17 September 2003 8:5  

Here's a recipe I hope y'all like:

Bacon grease and butter melted in a large skillet
Add chopped cabbage, let soften for a while
Add canned corned beef, broken up
Add chopped bacon
Warm together and enjoy!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Steak with Tarragon-Dijon Butter**

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Author	Posting
matantej	Posted - 11 January 2006 15:43  

Grilled Steak with Tarragon-Dijon Butter

The flavors of tarragon and mustard go well with beef. Serves 2

2 Strip steaks (8-oz each)

4 Tablespoons Butter, softened

2 teaspoons Tarragon

1 teaspoon Dijon-style mustard, prepared

Blend the softened butter, tarragon and mustard. Place on plastic wrap or parchment. Roll into a cylinder about $\frac{3}{4}$ inch in diameter. Refrigerate until needed. Grill the steaks to the desired temperature. Cut the butter into $\frac{1}{4}$ -inch slices. Place on the warm steak and serve immediately.

Janet

started over again 1-1-05

286/263/?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BBQ Cabbage and Bacon Slow Cooker**

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Author	Posting
mamabj	Posted - 17 February 2006 8:11  

I saw this on the BBQ U show and somersized it. It is incredible.

Cut core out of medium sized head of cabbage. Place in crockpot, hole side up with a small amount of water.

Brown 1 lb bacon, drain and crumble into cabbage head.

Pour sugar free BBQ sauce over top and leave in crockpot on low.

I start it in the morning and it's ready when you get home from work.

This is really an easy meal. I used red cabbage, but green would be fine. Even my granddaughters liked it.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Gravy for Roast Beef**

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Author	Posting
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Debits2000 Posted - 15 February 2006 18:20  

Does anyone have a recipe for gravy? I am looking for a way to thicken the pan drippings. Thanks!

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Author	Posting
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Clovermuncher	Posted - 12 August 2005 4:59  
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Pizza roll meatloaf:

2 pounds ground beef
 1/4 cup onion, chopped
 3 teaspoons bottled fresh minced garlic, divide or equivalent fresh garlic, minced
 1 1/2 teaspoons dried basil leaves, divided
 1 1/2 teaspoons oregano leaves, divided
 1 teaspoon fennel seed
 1/2 teaspoon crushed red pepper, divided (optional)
 2 1/8 teaspoons salt
 1/2 cup + 2 tablespoons water, divided
 1/2 cup plain pork rinds, crushed
 2 tablespoons tomato paste
 1/4 cup Parmesan cheese, grated
 8 ounce package mozzarella cheese, sliced
 1/2 cup fresh mushrooms, chopped or a 4 ounce can of mushroom slices, drained
 1/2 cup pepperoni slices

Mix ground beef, onions, 2 teaspoons garlic, 1 teaspoon basil, 1 teaspoon oregano, fennel seed, salt and crushed red pepper if using, 1/2 cup water and pork rinds. Mix well for 1 minute.

Shape into a 10" x 14" rectangle on waxed paper or aluminum foil. Set aside.

Mix tomato paste, remaining garlic, basil, oregano and remaining 2 tablespoons water. Spread evenly over meat. Sprinkle parmesan evenly over sauce, lay mozzarella slices over Parmesan cheese. Top with pepperoni slices, then mushrooms.

Carefully roll meat from 10" side into a roll resembling a cake roll, using waxed paper or foil to help roll. Seal seam by pinching together well, and seal ends by pinching together so cheese will not leak out.

Bake 1 hour at 350 degrees. Let stand loosely covered with aluminum foil for 10 minutes before slicing into 8 equal slices.
 Enjoy!

Think of all the beauty still left around you and be happy.

Anne Frank (1929 - 1945)

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Author	Posting
mamabj	Posted - 7 February 2006 8:34  

Here is a recipe for Beef Sandwiches that is totally awesome. Can be used with the pro/fat buns.

Place a London Broil in a slow cooker (3-4 lbs)
1 jar Pepperocini Peppers w/liquid
Cook overnight or 12 hours.

In the morning, shred the beef and pull out the pepper stems. Put back in the slow cooker.

Add a packet of au jus mix (I use McCormick's). Cook on low until evening.

That's it. It is incredible. I have used this for work parties, any time you have a bunch of guys around, or just want a good beef sandwich. I have even used it for potlucks at work. There is never any left.

I hope you enjoy it as much as we do.

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Author	Posting
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JCnmyheart Posted - 2 May 2005 18:47  

Made this tonight and it was fantastic:)

2lbs. ground beef
1 egg
1/2 cup parmesan (powder)
1 cup Pace Picante salsa

Mix all together till mixed through. Shape into a loaf and bake covered w/foil for 45 mins. Then take cover off and bake for an hour uncovered. About 15 mins before it's done top with salsa and finish cooking. This was really good:) Nice twist to the sweet sauce meatloaf we always eat:)

JCnmyheart <><

There is no key to happiness. The door is always open.

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Author	Posting
iwillrejoice	Posted - 21 January 2006 12:4  

For missy2. This actually came from a Turkish cookbook, not a Greek one. I adapted it from that to this about 30 years ago. I'll post it "as is", with suggestions on how I would SS it in parentheses.

Mousaka

1 pound ground beef
 1 cup chopped onion
 Olive oil
 1 cup water
 1/2 cup tomato paste
 2 tablespoons minced parsley
 1 stick butter (1/2 cup)
 Salt & pepper
 2 medium eggplants
 Flour (omit, or use plain whey protein powder, or ground dried mushrooms, or for Level 2, dust with low-carb flour)
 1/2 cup bread crumbs (I'd use grated Parmesan)
 2 eggs, well-beaten
 1/2 cup grated cheese

Brown the meat & onion in some olive oil.
 When well-browned, add water, tomato paste, parsley, butter, & salt & pepper & let it simmer on low for 1 hour or more, until sauce is thickened. In the meantime, peel & cut lengthwise the eggplants in 1/4" thick slices. (slice thin!)
 Sprinkle with a little flour (sub. or omit) & sauté in olive oil to a golden brown.
 Add 2 tablespoons bread crumbs (Parmesan) to the meat sauce & mix well. Butter a baking dish well & sprinkle with some bread crumbs (Parmesan). Place 1/2 of eggplant slices in the dish, & spread 1/2 of the meat sauce on top - repeat.
 Pour eggs on top & spread evenly.
 Sprinkle with cheese & bread crumbs (sub., or omit) & bake at 350° for 30 minutes or until golden.
 Serve with cheese sauce, if you want - I usually don't.

Thanks for reminding me of this. I haven't made it in 5 years! I guess I forgot about it.

Hope it works out for you. Let me know how you tweak it, OK? I'm always interested in seeing how other people Somersize things.

Gail

...minus 43 and counting...



Edited by - iwillrejoice on 1/21/2006 3:27:00 PM

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Gail

...minus 43 and counting...

Edited by - iwillrejoice on 1/21/2006 3:27:00 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bistek (Beefsteak Filipino)**

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Author	Posting
marie172	Posted - 10 October 2005 18:22  

Bistek

2lbs steak, sliced thinly, in bite size pieces
2T lemon juice
3T soy sauce
1/2t black pepper
salt to taste
1c thinly sliced onion rings
1/4c oil
1/2c water

Marinate the meat in the lemon juice, soy sauce, peeper and salt. Cook the rings of onion in oil until transparent. Transfer to a serving dish, eaving oil in skillet. Add meat to skillet (reserving the marinade) and cook over high heat, stirring often, until tender. Transfer meat to serving dish. Add marinade and water to skillet. Simmer until reduced and pour over meat and onions.

I had this the other day in a restaurant, and they also added some red peppers (sweet ones).

The first time I tried this in the US, I felt the lemon wa stoo strong. In the Philippines, they use a different fruit that is a cross between a lemon and a lime, called calamansi, which I prefer.

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Author	Posting
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carolannb	Posted - 15 January 2006 16:5  
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Mexican Lasagna

Ingredients:

1-½ lbs ground beef
 1 tsp ground cumin
 1 Tbs chili powder
 1 tsp salt
 ½ tsp black pepper
 ¼ tsp cayenne pepper, or to taste
 1 can (14-1/2oz) tomatoes, diced and undrained
 10 large corn tortillas
 2 c ricotta cheese
 1-½ Monterey Jack cheese w/chile peppers (I used Monterey and Cheddar mix)
 1 egg, lightly beaten
 1 small can (4oz) sliced black olives, drained
 ¾ c grated Cheddar cheese
 1-½ c shredded lettuce
 ¾ c chopped fresh tomatoes
 4-6 green onions, chopped (including green tops)

Directions:

Brown ground beef, drain well. Add cumin, chili powder, garlic powder, cayenne, salt, pepper and canned diced tomatoes, cook until thoroughly heated. Cover bottom and sides of a 13 x 9 inch baking dish with the corn tortillas. Pour beef mixture over tortillas, place a layer of tortillas over meat mixture and set aside. Combine ricotta cheese with Jack cheese and egg, pour over tortillas. Bake at 350 for 30-40 minutes. Remove from oven, garnish top with narrow strips of Cheddar cheese, lettuce, tomatoes, green onions and olives.

I just made this for a baby shower and it was really good (yes, I did eat the tortillas). But...this would be good I think made without the tortillas.

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Diane Marie

Posted - 9 February 2004 5:22  

Does anyone have a receipe for Prime Rib. I love making Prime Rib but my normal way is not SS'd :(

Thanks,

Diane

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Hamburger Gravy & Mashed Cauliflower**

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Author	Posting
DebB	Posted - 13 February 2004 18:39  

I just made this a couple nights ago and is it good! My 'tweaks' are at the end. *Ü*

HAMBURGER GRAVY AND MASHED CAULIFLOWER

1 pound hamburger
 1 stalk celery, finely chopped
 2 tablespoon onion, chopped
 3 ounce (about 8 small) mushrooms, minced
 1/2 cup chicken broth
 3/4 cup heavy cream
 Salt and pepper, to taste
 1 1/2 bags frozen cauliflower (16 ounces per bag)

Brown the hamburger, celery and onion in a large skillet; drain fat. Add the minced mushrooms, salt and pepper. Cook until mushrooms are tender. Add the broth and cream; bring to a boil. Simmer until liquid has reduced by half and thickens. Season, to taste. Meanwhile, cook the cauliflower until very tender, about 8 minutes; drain well. Mash and add some butter; season to taste. Serve the meat sauce over the cauliflower or just mix it all together. Makes 5 servings (8 carbs each)

Linda Sue @ Atkins

Deb's notes: I made this exactly to recipe, except I used a 4oz can of mushrooms that I diced. They were just fine in here. I doubled the liquid and it took about 20+ minutes to condense and thicken. I also added 1 Knorr beef bullion cube to the liquid. Watch the amount of salt you add, as the cube is salty.

For the mashed cauliflower, this is our favorite way: I use one head of caul. (can you frozen - it's fine. I would use 2 pounds frozen). Cut into florets (stems and all). Place in pan with around 1 cup water and 1 Knorr beef bullion cube. Cook until fork tender.

Put the cauliflower into a potato ricer and squeeze all the water out. Do not "rice" the caul. Scoop the caul. into the food processor. Add one large spoonful of sour cream, a handful of grated cheddar cheese, some salt & pepper. Process until smooth. So good!!

You do not need to use a food processor. I've read a mixer or stick blender works very well.

I love my "potato ricer" for squeezing the water out of the caul. (also works great for squeezing the water out of frozen, chopped spinach). I bought an Oxo brand at Bed, Bath & Beyond for \$20. There is a less expensive ricer, but the Oxo is much nicer, although I'm sure the cheaper one would work just fine.

This is what a potato ricer looks like: *Û*

<http://www.amazon.com/exec/obidos/tg/detail/-/B00004OCJQ/103-7969819-4968603?v=glance>

Or type in 'oxo potato ricer' into the search on google.com and you'll get an idea.

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270/175/175
sdbruce@amerion.com

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Author	Posting
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myboys Posted - 1 December 2005 5:15  

HI, DOES ANYONE OUT THERE HAVE A GOOD RECIPE FOR POT ROAST OR ANY OTHER RECIPE USING A BOTTOM ROUND? I HAVE USE MY SLOW COOKER FOR A CHUCK AND THAT COMES OUT REALLY GOOD BUT I THINK THE BOTTOM WILL TURN OUT STRINGY. ANY SUGGESTIONS?? THANKS!

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Author	Posting
debsask	Posted - 12 January 2005 8:38  

Anyone have some recipes using ground beef?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Unstuffed cabbage rolls/cabbage rolls**

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Author	Posting
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JCnmyheart Posted - 19 November 2005 7:34  

Cabbage rolls/unstuffed cabbage casserole

Cabbage

1# gr. beef

1# jimmy deans sausage, regular flavor

1/4-1/2 cup parmesan

1 egg

1 or 2 diced bell pepper

1 diced onion / I used dehydrated onions in my meatballs

2 14oz (I think) cans tomato sauce

juice of a lemon and splash of vinegar

splenda

SAUCE: all tomato sauce, some diced pepper and onion. Also add juice of lemon and splenda to taste. Plus 1 splash of vinegar. Simmer

Blanch cabbage until leaves are loosened, while that is steaming, I mix the meat balls. Mix all meat, egg, parmesan, some diced pepper and dehydrated onions. Roll into 1/2 inch balls. Rap meat mixture in cabbage and layer in a single layer in a large baking pan that has been greased or layered with foil. Pour sauce over rolls and bake 1 1/2 - 2 hours. When I get to the cabbage that is too small to roll or too stiff, I use another pan and layer the cabbage and meatballs and top with sauce. I bake both pans together. This is a family favorite.

** We also do all the above ingredients except we don't wrap the cabbage we dice it and put into a pot and cook same time table but we call it unstuffed cabbage roll soup.

JCnmyheart <><

Pampered Chef Consultant

<http://www.pamperedchef.biz/chanonmalone>

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Author	Posting
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WinterRose68 Posted - 17 September 2005 11:52  

Several years ago there was a recipe for Maystard Burgers. Does anyone remember this recipe. I lost my recipes while moving and would love to have this one again.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Alice Jo's Spaghetti Sauce (YUM!)**

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Author	Posting
DebB	Posted - 11 October 2005 16:49  

I saw this on Paula's Home Cooking the other day and tried it. We loved it! My notes are at the end... *Ü*

Alice Jo's Spaghetti Sauce - food tv

- 1 1/2 pounds ground beef
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 1 clove garlic, chopped
- 2 (6-ounce) cans tomato paste
- 1 (8-ounce) can tomato sauce
- 1 (14 1/2-ounce) can stewed (or diced) tomatoes (see * note)
- 1 tablespoon Italian seasoning
- 1 tablespoon Worcestershire sauce
- 2 tablespoons sugar (use equivelant sweetener)
- 1 teaspoon salt
- 1 cup water

Brown the beef in a large, heavy bottomed pot, then drain off the fat. Add the onion, green pepper, and garlic and saute until the onion is tender, about 5 minutes. Add the tomato paste, tomato sauce, stewed tomatoes, seasonings, and water. Simmer for 30 minutes. Let cool. The sauce will keep for several days covered and refrigerated.

http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_31476,00.html

Deb's notes: I've read that Muir Glen brand stewed tomatoes has no added sugar. All other brands I've checked have added sugar - so a heads-up on that. Actually though, Paula used diced tomatoes when she made it.

I don't care for cooked green peppers, so I subbed jarred roasted red peppers as their skin is already removed.

I always increase the garlic - ha!

I also simmered it 2-3 hours, well, just because I like to. Enjoy!

I served it over zucchini "noodles" that I make using Joyce Chen's Asian Spiral Slicer as they come out like angel hair pasta. I don't cook these, just ladle the hot sauce over them and call it good. The noodles will give off their water, thus watering down the sauce - but we don't mind.

Add a side salad and some garlic "toast" (I will post this in Potpourri - it's made from melting mozz. cheese sticks), and you've got a great tasting meal.

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Our favorite Tried & True SS recipes:

<http://recipecircus.com/recipes/SomersizinDebB/>

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Osso Bucco with Gnocchi**

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Author	Posting
mjlibbey	Posted - 6 October 2005 23:28  

Hi! I made this last weekend hoping to have some for lunch the next day. They ate it all! Enjoy
 PS: Many have had trouble making ricotta gnocchi. A few have had success. So, it's up to you to include them or not.

BEEF OSSO BUCCO with GNOCCHI(mjlibbey)**Chuck Roast**

olive oil to grease a dutch oven/roasting pan

pearl onions, peeled

4 cloves of garlic, minced(can use jarred)

celery stalks, cut into large bite size pieces

mushrooms, sliced

green beans

red bell pepper

1 tablespoon Italian Seasoning

1 cup beef stock

1(28 ounces) can whole peeled tomatoes, cut in half (use juice)

sea salt and pepper to taste

Combine all ingredients in a Dutch Oven/roasting pan. Roast in a preheated 350* oven for around 2 1/2 to 3 hours. Depending on the size of the chuck roast. Place frozen gnocchi in the juice of the roast 10 to 15 minutes before removing from oven (be gentle with them when serving).

RICOTTA GNOCCHI(mjlibbey)

15 oz. container whole milk ricotta cheese

1 whole egg

1/8 teaspoon nutmeg

1/2 cup Kraft grated Parmesan cheese (green can)

1/4 teaspoon sea salt (optional)

More parmesan for coating

The night before, put a paper towel in a bowl. Take the ricotta out of the container in one lump and set it bottom side down onto the paper towel. Cover with plastic wrap and refrigerate.

When ready to make, remove paper towel, beat ricotta with a wooden spoon until soft and light. Add in egg, nutmeg and salt (if using), beat together.

Add parmesan cheese and keep beating until well combined(don't over do).

Using two teaspoons or tablespoons (depending on how big you want the gnocchi) scoop up batter in one spoon and place the other one on top.

Making an almond shape. Remove the top spoon and scrape off excess. Place gnocchi on a plate that has been covered with the extra parmesan cheese.

Roll the gnocchi gently in the cheese to cover. Freeze on a cookie sheet.

When solid place in freezer baggie.

Gently drop the gnocchi into a pot of simmering water (may salt water if desired). It will sink to the bottom. When it rises and floats, cook for 3 (teaspoons) to 5 (tablespoons) minutes. Remove with a slotted spoon. Drain

on paper towel. Serve immediately.

NOTE: I don't have amounts for the veggies. Use as many as you like.

Edited by - mjlibbey on 10/6/2005 11:52:38 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Osso Bucco with Gnocchi**

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Author	Posting
mjlibbey	Posted - 6 October 2005 23:28  

Hi! I made this last weekend hoping to have some for lunch the next day. They ate it all! Enjoy
 PS: Many have had trouble making ricotta gnocchi. A few have had success. So, it's up to you to include them or not.

BEEF OSSO BUCCO with GNOCCHI(mjlibbey)**Chuck Roast**

olive oil to grease a dutch oven/roasting pan

pearl onions, peeled

4 cloves of garlic, minced(can use jarred)

celery stalks, cut into large bite size pieces

mushrooms, sliced

green beans

red bell pepper

1 tablespoon Italian Seasoning

1 cup beef stock

1(28 ounces) can whole peeled tomatoes, cut in half (use juice)

sea salt and pepper to taste

Combine all ingredients in a Dutch Oven/roasting pan. Roast in a preheated 350* oven for around 2 1/2 to 3 hours. Depending on the size of the chuck roast. Place frozen gnocchi in the juice of the roast 10 to 15 minutes before removing from oven (be gentle with them when serving).

RICOTTA GNOCCHI(mjlibbey)

15 oz. container whole milk ricotta cheese

1 whole egg

1/8 teaspoon nutmeg

1/2 cup Kraft grated Parmesan cheese (green can)

1/4 teaspoon sea salt (optional)

More parmesan for coating

The night before, put a paper towel in a bowl. Take the ricotta out of the container in one lump and set it bottom side down onto the paper towel. Cover with plastic wrap and refrigerate.

When ready to make, remove paper towel, beat ricotta with a wooden spoon until soft and light. Add in egg, nutmeg and salt (if using), beat together. Add parmesan cheese and keep beating until well combined(don't over do).

Using two teaspoons or tablespoons (depending on how big you want the gnocchi) scoop up batter in one spoon and place the other one on top.

Making an almond shape. Remove the top spoon and scrape off excess. Place gnocchi on a plate that has been covered with the extra parmesan cheese.

Roll the gnocchi gently in the cheese to cover. Freeze on a cookie sheet.

When solid place in freezer baggie.

Gently drop the gnocchi into a pot of simmering water (may salt water if desired). It will sink to the bottom. When it rises and floats, cook for 3 (teaspoons) to 5 (tablespoons) minutes. Remove with a slotted spoon. Drain

on paper towel. Serve immediately.

NOTE: I don't have amounts for the veggies. Use as many as you like.

Edited by - mjlibbey on 10/6/2005 11:52:38 PM

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Author	Posting
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glassart Posted - 15 June 2005 9:24  

I need a recipe for smokey chipotle marinade. I bought a package of it and we LOVE it but now I can't find it....HELP!!!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Steak with Shallot-Gorgonzola Butter or 3 Chili**

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Author	Posting
sparkles	Posted - 22 September 2005 16:22  

Steak with Shallot-Gorgonzola Butter

Makes 4 servings.

Can you tell I like to use compound butters with steaks for a quick change of pace?

6 tablespoons (3/4 stick) butter, room temperature
 3 1/2 tablespoons crumbled Gorgonzola cheese (about 1 1/2 ounces)
 3 tablespoons minced shallots
 2 teaspoons chopped fresh chives
 4 8- to 10-ounce rib-eye steaks (each about 3/4 inch thick)

Using fork, mix 4 tablespoons butter, Gorgonzola cheese, shallots and chives in small bowl until well blended. Season with salt and pepper. Divide mixture into 8 equal pieces; form into balls. Cover and refrigerate until cold. (Can be prepared 1 day ahead. Keep refrigerated.)

Melt 1 tablespoon butter in each of 2 heavy large skillet over high heat. Sprinkle steaks with salt and pepper. Add 2 steaks to each skillet and cook to desired doneness, about 3 minutes per side for medium-rare. Transfer steaks to plates. Top each with 2 balls of shallot-Gorgonzola butter and serve.

OR

3 Chili Butter...

2 dried guajillo chiles, stemmed, seeded, thinly sliced
 2 dried ancho chiles, stemmed, seeded, thinly sliced
 1/2 cup (1 stick) butter
 3 shallots, chopped
 2 whole chipotle chiles (from can), drained, stemmed, seeded, chopped
 1 cup water
 2 tablespoons chopped fresh chives

Heat large skillet over medium-high heat. Add guajillo and ancho chile slices. Toast until fragrant and beginning to darken, stirring often, about 30 seconds. Add butter, shallots, and chipotle chiles. Stir just until chiles are coated with butter and shallots begin to soften, about 2 minutes. Add 1 cup water and simmer until dried chiles are soft and all water has evaporated, about 15 minutes. Mix in chives; season with salt. (Can be made 1 day ahead. Cover and chill. Rewarm before using.)



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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Rib Eye Steaks with Bearnaise Butter**

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Author	Posting
sparkles	Posted - 22 September 2005 16:2  

Rib Eye Steaks with Bearnaise Butter

Serves 2. Big rib-eyes can be cut in half to serve four. Steaks: quick and easy. :-)

1/4 cup dry white wine
 1 tablespoon minced shallot
 1/4 teaspoon dried tarragon
 5 tablespoons butter, room temperature
 1 tablespoon minced fresh tarragon
 Olive oil
 2 12-ounce rib-eye steaks (each about 1 to 1 1/4 inches thick)

Boil wine, shallots and dried tarragon in small saucepan until liquid evaporates, about 2 minutes. Cool completely.

Mix butter and fresh tarragon into shallot mixture. Season with salt and pepper. Form butter mixture into log; wrap in plastic and chill until firm. (Can be made 3 days ahead. Keep chilled.)

Cut butter into 1/3-inch-thick slices. Bring to room temperature before continuing.

Brush large nonstick skillet with oil; heat over medium-high heat. Sprinkle steaks with salt and pepper; add to skillet. Cook to desired doneness, about 5 minutes per side for medium-rare. Overlap butter slices atop steaks and serve all melty.



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Author	Posting
KatyJ	Posted - 11 August 2005 21:13  

theyre my absolute favorite but i dont know how to make the ribs tender.

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Author	Posting
wired_foxterror	Posted - 3 January 2005 12:55  

BBQ Beef Ribs Cuban Style

4 lbs beef short ribs trimmed
 2 Tbsp olive oil
 1 Tbsp paprika
 1 Tbsp fresh parsley chopped
 1 tsp dry oregano crushed
 1 cup tomato sauce
 1 cup crushed tomatoes, seeds & cores removed
 1/2 cup yellow onions peeled, ends removed, finely minced
 3 Tbsp brown sugar substitute
 1/2 tsp dry mustard
 1 Tbsp ground black pepper
 1/2 stick butter

Trim all fat from the ribs and cut into single serving size pieces.

Heat a heavy skillet, place trimmed ribs into pan and cover with water. Cover and bring ribs and water to a boil, reduce heat and simmer covered for 2 hours.

Heat small saucepan on medium. Add oil and butter and heat until it begins to foam. Quickly add onion, paprika and oregano and cook, stirring constantly, for 2 minutes. Immediately add remaining ingredients EXCEPT PARSLEY, bring to a boil, and then reduce heat. Simmer, uncovered for 5 minutes, stirring frequently.

Dredge each rib piece in the heated sauce and place in crockpot which has been preheated to medium or low heat. Pour remaining sauce from the saucepan to the crockpot. Cover and cook for an additional 1 hour, stirring after 20 minutes.

Serve hot and garnish with parsley.

Enjoy!
 wiredfoxterror

Losing-Losing-Gone!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: *****Slow-Cooked Ribs**

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Author	Posting
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Twiggy88 Posted - 17 April 2005 5:17  

SLOW-COOKED RIBS

4 medium-sized ribs
2 Tbsp. vinegar
4 Tbsp. lemon juice
2 Tbsp. sweetener
1/4 tsp. cayenne pepper
1 Tbsp. celery salt
1 c. ketchup
1 c. water
3 Tbsp. Worcestershire sauce
1/2 Tbsp. ground mustard

Place ribs in slow cooker. Combine all other ingredients and pour over ribs (add ketchup or water to make thicker or thinner sauce). Cover and cook slow at medium setting for 6 to 8 hours. Ribs turn out tender and delicious. Serves 2.

***twiggy88
lowfat

Edited by - twiggy88 on 2/2/2006 11:46:25 AM

Edited by - twiggy88 on 11/29/2006 4:04:56 PM

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Author	Posting
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cheeser Posted - 17 March 2005 17:44  

I bought a large package of short ribs from Costco and have made 1/3 of it with a great recipe I found on epicurious.com. But now I am at a loss as to what to do with the rest....does anyone have any beef short rib recipes that they have tried & liked to share?

Thanks! :-)

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Author	Posting
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carolannb Posted - 19 January 2005 10:42  

I don't remember exactly where I found this..I searched here and it didn't come up so here goes..

2 pnds Ricotta

5 eggs

16 oz shredded mozzarella cheese

1/4 pnd any of the following: pepperoni proceitta, sausage, ham or salami, cut into small pieces (I used 1 pnd Italian sausage which I think gave just the right amount of meat)

Grated romano cheese (I used Parmesan) and black pepper

Mix together all of the above ingredients. Pour into 9x13 dish. Bake at 35 for 1 hour or until golden brown. You can also top it with spaghetti sauce and it taste just like lasagna.

Carol

233/215.5/200

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Author	Posting
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phoffer	Posted - 6 October 2004 17:49  
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4 Lg red bell peppers
 3/4 lb ground round chuck
 1/2 lb ground pork
 1 medium onion chopped
 2 garlic cloves minced
 2 tsp beef bouillion granules
 2 tsp House dressing, which follows after recipe below
 1 Cup mock rice using Cauliflower grated.
 1/2 cup jarred cheese and salsa
 1/2 sour cream
 1 cup diced tomatoes
 1/2 cup chopped green onion tops
 1 TB soy sauce
 1 Cup Hot water
 Preheat oven 350 degrees
 cut peppers half length wise leave stem intact. remove seeds and ribs
 Using hot skillet saute the ground beef, pork onion and garlic, 1 tsp of beef granules and house seasoning together.
 Saute until onions become translucent
 Drain off fat
 Add the grated cauliflower, cheese sour cream tomatoes, green onion tops, and soy sauce
 Mix well and stuff the mixture into s shallow casserole large enough to hold all the peppers. Place peppers in the dish cover with foil and bake about 25 to 30 minutes, Remove the foil and spoon the juice from bottom of the dish over the top of peppers, bake for another 10 to 15 minutes

House Seasoning:

1 cup salt

1/4 Cup black pepper

1/4 Cup garlic powder

Mix ingredients together and store in a airtight container for up to 6 months.

I found this recipe in my cookbook with Paula Dean and sons. I tried it and it is sooooooo good, hope you enjoy it too.

Patricia Hoffer

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Herb Rubbed Tri Tip**

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Author	Posting
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WEESERS Posted - 9 July 2005 17:7  

I don't make tri tip very often because of its cost, but it was on sale and I tried this really good rub on it.

Herb Rubbed Tri Tip

1 Tbsp salt
1/2 tsp of each of the following:
garlic salt
celery salt
1/4 tsp of each of the following:
pepper
onion powder
paprika
dill
sage
rosemary

1 1/2 to 2 pound tri tip

Trim off the fat. Moisten with water. Combine the seasonings. Sprinkle on the meat and rub in. Grill over medium coals 25 to 30 minutes, turning after 15 minutes. Let stand for 10 minutes before carving.

After about 20 to 25 minutes I start watching the internal temp with an instant read thermometer. 135 for rare, 145 ti 150 for medium.

Started 6/20/03; 181/141/130

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Author	Posting
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zookeeper Posted - 14 June 2005 11:18  

I used to make regular shephards pie all the time for my husband, and I modified it for SS. I don't like anybody elses version. Real picky that way I guess, lol

1 lb. ground beef
1 small onion, chopped
2(15oz)stewed tomatoes, not drained
1 can green beans
1 can corn(I make two dishes, 1 for fam.)
2 bags frozen Cauliflower
4 TBsp. cream cheese
2 c. cheese(I use mexican blend from Costco

Cook onions and ground beef until done, put in 9 x 13 pan, add tomatoes, beans and corn(opt)
Cook cauliflower until soft, and mash w/ cream cheese, add salt and pepper to taste. Layer on top of casserole and top w/ cheese. Bake in oven, uncovered @350 for 25-30 min. or until bubbly.(sometimes after I like to put in top broiler for 3-5 min. until cheese is a little crusty.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **easy shephard pie**

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Author	Posting
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zookeeper Posted - 14 June 2005 11:18



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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Taco casserole..off DebB's website.**

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Author	Posting
carolannb	Posted - 2 July 2005 13:33  

Taco Casserole

Preheat oven to 350 degrees.

2 c Mexican cheese blend
 4 oz cream cheese
 3 eggs
 1/3 c cream
 1/4 c parmesan cheese (powdered)
 1 small can diced green chilis
 1 tsp chili powder
 1 pound ground beef and chopped onion to taste, browned in 4 tsp taco seasoning

Beat together softened cream cheese and eggs until smooth. Stir in cream, parmesan cheese, green chilis and chili powder.

Spray 9 x 13 pan with PAM. Sprinkle 2 cups Mexican cheese blend into dish. Spread ground beef over cheese mixture and pour egg mixture over it. Bake for 35 min. Let stand for 5 minutes.

DebB's notes: I serve this with slice tomato, salsa and sour cream. I sometimes add shredded lettuce. (When I email DebB she also said that she makes this in pie pans.)

Carols notes: I make this in a 7 x 11 baking dish and I also sprinkle cheddar cheese on top before baking. Instead of the Mexican blend of cheeses if not on hand, I used 1/2 Jack and 1/2 Cheddar. I use a 9 x 13 pan when I double it.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Fandango Sirloin Steak**

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Author	Posting
matantej	Posted - 19 June 2005 9:16  

1 boneless top sirloin steak (approx. 1-1/2 lbs. cut 1-inch thick.)
1 Tablespoon garlic powder
1/2 Tablespoon granulated sugar (use substitute)
1 teaspoon white pepper
1 Tablespoon salt
1 Tablespoon chili powder
1/2 Tablespoon coriander seed
1/4 teaspoon cayenne pepper
olive oil
Cut sirloin steak into four equal portions. Combine seasonings and lightly press mixture into both sides of steaks. Brush meat generously with olive oil. Cover and refrigerate overnight.
Grill steaks on high heat. For medium rare. (3-1/2 minutes each side) Adjust timing per preference of rare to well done.

This is from direct recipes.

Janet
started over again 1-1-05
286/263.5/?

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Author	Posting
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leener3boys Posted - 8 February 2004 12:20  

I am looking for a good recipe (CP is fine too) for taco meat and the cheese like Suzanne had on HSN this weekend. I want to do the "taco shell" that she showed-looked yummy. Any ideas?

Eileen

mom to 3 young boys-trying to stay healthy for them AND me

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Author	Posting
ecohousekeeper	Posted - 14 April 2004 16:58  

This is my version, goodbye to tacos and hello taco salad.

TACO MEAT ~ Level 1 Serves 2

1 lb. of ground beef
 1 T. canola oil or whatever kind you like
 1/4 onion, diced
 1 clove of garlic, diced
 salt & pepper to taste
 dash of cayenne powder
 dash of ground coriander
 dash of oregano
 dash of cumin
 dash of paprika
 2 teaspoons chili powder
 half of a 16 oz. jar of pasta sauce

Heat a skillet/pan on med-med high. Once it gets nice and hot add the canola oil. Let that heat up and then add the onion. Heat until translucent, about a minute. Add ground beef and break up the meat. After a minute stir in the garlic. Add salt and pepper to taste. After the beef is 3/4 of the way cooked, add all the spices and stir well. Add the pasta sauce and simmer on med-low. Now get the salad ingredients prepped.

SALAD INGREDIENTS

Half a head of Romaine lettuce, broken in small pieces
 Salsa to taste
 Sour Cream to taste
 Shredded cheddar or your favorite cheese
 Tomatoes, chopped (optional)

Divide the lettuce onto the plates, spoon the taco meat on top. Add salsa next, then sour cream, cheese and finish with tomatoes.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef with Soy Mustard Glaze**

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Author	Posting
iwillrejoice	Posted - 14 June 2005 2:31  

This is quick & easy, & REALLY good!

Beef with Soy Mustard Glaze

1/4 cup soy sauce
2 tablespoons Dijon mustard
1 tablespoon lemon juice (I actually used lime juice)
4 cloves garlic, peeled
1 teaspoon minced (or grated) fresh ginger root
1/2 teaspoon dried thyme
1/2 teaspoon black pepper
1/2 teaspoon chopped fresh rosemary leaves (optional) (or about 1/6
teaspoon dried rosemary - what I used)
6 rib-eye steaks (8 ounces each)

Combine soy sauce, mustard, lemon juice, garlic, ginger, thyme, pepper, & rosemary in blender container.

Cover & whirl until smooth.

Brush both sides of steaks with mixture.

Grill or broil 4 minutes.

Turn over & brush with remaining sauce mixture.

Cook 4 minutes longer (for medium-rare), or to desired doneness.

Makes 6 servings

Gail

...minus 26 and counting...

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **SisterPat's Stuffed Cabage Rollups**

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Author	Posting
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Pat Polito

Posted - 19 May 2005 15:51



Ingredients:

1 lb. ground beef
1 onion, chopped
1 egg, beaten
1/2 cup water
15oz. can Tomato sauce
1 tsp. somersweet
1 tsp. cut parsley
3/4 cup chopped celery
cabbage leaves
salt and pepper to taste

Mix together the meat, onion and egg, salt & pepper. Make sauce with remaining ingredients, except cabbage and cook 10 mins. Boil cabbage leaves till tender. Put 2 Tbsp. meat mixture in each leaf and roll up. Secure with toothpick. Place in a baking dish and pour sauce over rolls. Cover and bake 2 hrs. at 325.

SisterPat

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **SisterPat's Stuffed Cabage Rollups**

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot Stiffado?**

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Author	Posting
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Leah
Marie

Posted - 19 May 2005 7:30  

I am thinking about making this, but it has allspice and cinnamon. Is this legal?

I guess I could leave it out, if not...

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **mashed cauliflower & meatloaf pie**

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Author	Posting
fernande	Posted - 4 May 2005 14:14  

copied from a post by tryinghardtlose in Febuary: "I just wanted to share how great this dish was. Growing up I always looked forward to my Mom's Potato Meat pie. Nothing extravagant, but I just loved it. She always makes it for me if we go over for dinner. I decided to make it the other night Somersized!!! Using mashed cauliflower, I'm happy to report, it tasted exactly the same as Mom makes!!!! My husband took the leftovers to work the next day and called me to say thanks for dinner last night!!!! I think he liked it!!!!!!

It is so simple to make. I brown hamburger meat, add seasonings (garlic powder, little chili powder, onions, peppers and more garlic!) layer pan with mashed cauliflower, sprinkle with Parmesan cheese, add hamb. meat, layer of mozz. cheese, cover with more mashed cauliflower. I put it in the oven to brown and serve. Hope you enjoy. It's so easy and can be made ahead. Substitute to your liking.
ANDREA"

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **mashed cawiflower & meatloaf pie**

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Author	Posting
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LilLooLoo Posted - 18 April 2005 17:34  

This is really good and just thought I would share with you all.

1 - 3 lb spaghetti squash cooked, stranded and drained really well.
 1 egg
 1 lb ground beef (I used ground chuck)
 1/2 chopped green pepper
 1 tsp. oregano
 2 oz mozzarella cheese shredded
 1 oz parmesan cheese (green can)
 3/4 ricotta cheese
 1/2 medium onion chopped
 1 tsp. basil
 1 and 1/2 cup crushed tomatoes (I used canned and drained most all of the juice off)

Stir egg and parmesan cheese together,mix well. Then add the squash and toss to completely cover. Spray a 10 inch glass/ceramic quiche dish with butter flavored oil. Pour the spaghetti into dish and pat up the sides and bottom of the dish. If you see juice/water coming through, take a clean paper towel and press in to help absorb some of the liquid. Bake 20 minutes at 350 degrees uncovered.

Meanwhile brown ground beef with onions, peppers and spices. Drain well. Add the tomatoes and simmer for 10 minutes. The spaghetti crust should be ready by now, so take the ricotta cheese and spread over the squash. Then spread the ground beef mixture over the ricotta. Bake another 20 minutes at 350 degrees. Remove and sprinkle as much mozzarella over the entire pie and return to oven until cheese melted.

This looks long and drawn out but is really easy to put together and boy is it good.

Enjoy!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Boneless Rump Roasts...**

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Author	Posting
Leah Marie	Posted - 6 May 2005 10:39  

Boneless rump roasts are also on sale...Good to use? TIA :)

Edited by - Leah Marie on 5/13/2005 10:07:58 AM

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Author	Posting
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Edited by - Leah Marie on 5/13/2005 10:07:58 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Taco Stoup with a Taco Toppings Salad**

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Author	Posting
MsTified	Posted - 19 April 2005 10:42  

Taco Stoup with a Taco Toppings Salad from Rachel Ray's "30-Minute GET REAL Meals"

Taco Stoup with a Taco Toppings Salad Rachel Ray "30-Minute GET REAL Melas"

4 tablespoons extra-virgin olive oil, divided
 1-1/2 pounds ground sirloin
 1 tablespoon ground cumin
 1 tablespoon ground coriander
 1 tablespoon chili powder
 1/2 tablespoon dried oregano
 1 large yellow onion, chopped
 3 garlic cloves, chopped
 Salt & Pepper, to taste
 1 15-ounce can stewed tomatoes
 1 quart chicken stock or broth
 3 limes
 1/3 cup mild taco sauce
 1 head iceberg lettuce
 1/2 pint cherry or grape tomatoes, halved
 1 handful fresh cilantro leaves, chopped
 1 handful fresh flat leaf parsley, chopped
 1 cup sharp Cheddar cheese, shredded
 Sour Cream, for garnish

KATE'S NOTES: I used beef stew meat instead of the ground sirloin. I used chopped Romaine instead of the iceberg lettuce (not my favorite). I used diced tomatoes instead of the stewed tomatoes. And, contrary to Rachel's 30-Minute meal deal – I cooked mine in the crockpot all day. It was fabulous and the meat was so tender!

Rachel's Version:

1. Heat a medium pot over medium-high heat. Add 2 tablespoons oil and heat. Add the ground sirloin. Brown the meat, breaking it up with a wooden spoon. Season it with the cumin, coriander, chili powder, oregano, onion, garlic, salt and pepper.
2. Stir to combine and continue to cook for 5 minutes. Add the stewed tomatoes and chicken stock, then bring the soup up to a boil. Reduce heat and simmer for 10 minutes.
3. While the stoup is cooking, prepare the taco toppings salad.
4. In a small bowl, combine the juice of 2 limes, taco sauce, salt and pepper. Whisk in 2 tablespoons of oil. Reserve the dressing.
5. In a salad bowl, combine the shredded lettuce, tomatoes, half of the chopped cilantro, parsley and cheese. Pour the dressing over the salad and toss to combine.
6. Squeeze the juice of the remaining lime into the stoup. Ladle the stoup

into serving bowls, top with Taco Salad and garnish with a small dollop of sour cream and a sprinkle of cilantro.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~

MsTified (Kate)

05/2001: 148/126 (reached goal)

Started again: 12/28/2004 - 133.5/134/126

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Taco Stoup with a Taco Toppings Salad**

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Author	Posting
MsTified	Posted - 19 April 2005 10:42  

Taco Stoup with a Taco Toppings Salad from Rachel Ray's "30-Minute GET REAL Meals"

Taco Stoup with a Taco Toppings Salad Rachel Ray "30-Minute GET REAL Melas"

4 tablespoons extra-virgin olive oil, divided
 1-1/2 pounds ground sirloin
 1 tablespoon ground cumin
 1 tablespoon ground coriander
 1 tablespoon chili powder
 1/2 tablespoon dried oregano
 1 large yellow onion, chopped
 3 garlic cloves, chopped
 Salt & Pepper, to taste
 1 15-ounce can stewed tomatoes
 1 quart chicken stock or broth
 3 limes
 1/3 cup mild taco sauce
 1 head iceberg lettuce
 1/2 pint cherry or grape tomatoes, halved
 1 handful fresh cilantro leaves, chopped
 1 handful fresh flat leaf parsley, chopped
 1 cup sharp Cheddar cheese, shredded
 Sour Cream, for garnish

KATE'S NOTES: I used beef stew meat instead of the ground sirloin. I used chopped Romaine instead of the iceberg lettuce (not my favorite). I used diced tomatoes instead of the stewed tomatoes. And, contrary to Rachel's 30-Minute meal deal – I cooked mine in the crockpot all day. It was fabulous and the meat was so tender!

Rachel's Version:

1. Heat a medium pot over medium-high heat. Add 2 tablespoons oil and heat. Add the ground sirloin. Brown the meat, breaking it up with a wooden spoon. Season it with the cumin, coriander, chili powder, oregano, onion, garlic, salt and pepper.
2. Stir to combine and continue to cook for 5 minutes. Add the stewed tomatoes and chicken stock, then bring the soup up to a boil. Reduce heat and simmer for 10 minutes.
3. While the stoup is cooking, prepare the taco toppings salad.
4. In a small bowl, combine the juice of 2 limes, taco sauce, salt and pepper. Whisk in 2 tablespoons of oil. Reserve the dressing.
5. In a salad bowl, combine the shredded lettuce, tomatoes, half of the chopped cilantro, parsley and cheese. Pour the dressing over the salad and toss to combine.
6. Squeeze the juice of the remaining lime into the stoup. Ladle the stoup

into serving bowls, top with Taco Salad and garnish with a small dollop of sour cream and a sprinkle of cilantro.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Italian Spaghetti Squash Alfredo**

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Author	Posting
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LilLooLoo Posted - 18 April 2005 17:48  

This too is really delish too.

1 - 3 lb spaghetti squash cooked, stranded and drained well.
1/4 lb cooked ham or chicken diced
1 cup frozen snow peas
1 cup heavy cream (I used Nestles Table Cream)
1/4 cup parmesan cheese (green can)divide out 3 TBS and save for later
salt and pepper to taste

In large skillet melt butter. Add ham or chicken and saute 1 minute. Add the snow peas and cook another minute. Add pepper and cream and parmesan cheese. Cook stirring 2-3 minutes until cream thickens, add squash and toss to blend. At this point I taste to see if it needs salt. Serve up into your serving dish and sprinkle with 3 TBS parmesan cheese.

Really easy and just serve with salad. My favorite is the chicken. Enjoy.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: *****Slow Cooked Swiss Steak**

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Author	Posting
Twiggy88	Posted - 17 April 2005 5:16  

SLOW COOKED SWISS STEAK

3 to 4 lb. round steak
1 can stewing tomatoes
1 1/2 onions, sliced

Cut steak into serving size pieces; tenderize.
Lightly brown meat in medium skillet with small amount of oil. Layer steak pieces, onions and stewed tomatoes in slow cooker. Cook 6 to 7 hours on low or 3 to 3 1/2 hours on high

***twiggy88
lowfat

Edited by - twiggy88 on 2/2/2006 11:46:06 AM

Edited by - twiggy88 on 11/29/2006 4:04:38 PM

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Author	Posting
GARNET2002	Posted - 12 April 2005 0:27  

Hi all,

Here is a recipe I use to make years before I ever heard of somersizing and it was delicious. We ate them on buns with homemade cole slaw. My sister-in-law gave me this recipe. Can you all think it could be somerized. I made them so many times, I think my husband got foundered on them and couldn't make them for a long time, he ate to many..

Beef Bar-B-Q's

32 oz. bottle of catsup (the whole bottle)
 1 onion chopped fine
 1 teas. garlic powder
 2 teas. chili powder
 1/4 cup of white vinegar
 1/2 cup worcestershire sauce
 1 teas. liquid smoke
 3 teas. brown sugar
 2 cups beef broth from the roast
 1/2 teas. dry mustard
 2 to 3 lb. beef roast
 salt and black pepper

I cooked the roast in the pressure cooker for about 1 hr. to get it really falling apart. (so it would shred) Take out and put in a big kettle and shred up with fork. Add all the ingredients to meat and let it boil down until it resembles sloppy joes. You might have to add a little water while everythings mixing up, and then let it boil down, or just use the broth if you had alot from pressuring it. When it does boil down nicely it's done. wondering what ya think!! Thanks...

GARNET2002

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **brachiolo**

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Author	Posting
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gloriacap Posted - 16 December 2004 19:58  

does any one know how to make brachiolo, a wrapped thin sliced flank steak??? It is Italian, and my father in law used to make it. I do not know the recipe, if any one can help I would appreciate it.

thank you in advance

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Rib-Eye Steak w/ Steakhouse Herb Butte**

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Author	Posting
iwillrejoice	Posted - 20 August 2004 14:36  

I love this herb butter. It's the tarragon - one of my favorite herbs!

Grilled Rib-Eye Steak w/ Steakhouse Herb Butter

4 boneless rib-eye steaks (or other steak cut)
Kosher salt (optional)
Sauteed mushrooms

Butter:

2 sticks (1/2 pound) butter, softened
1 large clove garlic, minced
1/2 cup chopped Italian parsley leaves
2 tablespoons chopped chives OR 2 teaspoons dried chives
2 tablespoons chopped tarragon leaves OR 2 teaspoons dried tarragon * (optional)
1 tablespoon lemon juice
1 teaspoon lemon-pepper seasoning (I know this is slightly funky, but you get so little per serving, that I choose to use it anyway)

Prep. time: 10 minutes
Cook time: 15 minutes

Spray or oil grill grid.
Preheat grill.
Dry meat surface with paper towel.
Rub kosher salt onto both sides of steak.
Cook steaks to desired doneness, turning once. **
Top steaks with Herb Butter & sauteed mushrooms.

For Herb Butter:

In a food processor or medium bowl with electric mixer, beat butter until light & fluffy.
Thoroughly beat in garlic, parsley, chives, tarragon, lemon juice, & lemon-pepper.
Along 1 side of a 12" piece of plastic wrap, spread half the butter about the size of a stick of butter.
Roll tightly into an even cylinder about 1 1/2-inches in diameter.
Twist ends of plastic wrap.
Repeat with remaining butter.
Refrigerate or freeze until butter is firm.
Slice butter into 1/4-inch discs.
Just before serving, place 1 or 2 discs atop each hot steak to melt.

* Vary butter flavors by substituting other fresh herbs - thyme, basil, rosemary, chervil, sage, or dill. Double the recipe to freeze or have on hand. If time permits, make ahead & refrigerate an hour to allow flavors to

develop & blend.

** To accurately determine meat doneness, use an instant-read thermometer. 135F. for rare, 145F. for medium-rare, 155F. for medium, 160F. for well done. When cooking steak, it is important to let it "rest" at least 5 minutes before cutting so juices can redistribute throughout the meat.

Makes 4 servings, & 1 1/4 cups Herb Butter

Courtesy of Kathleen Perry, "the everyday gourmet"

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Layered Enchilada Dinner**

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Author	Posting
AmyLS	Posted - 31 October 2004 16:30  

OMG, my dad doesn't like some of the food I make, but he loves this, gee think I'm gonna be making this for a while :)

Layered Enchilada Dinner

1 lb. lean ground beef
 1 small onion, chopped
 1 garlic clove, minced (I omitted)
 1 1/4 cups condensed cream of mushroom soup (from teh condensed cream of anything soup)
 1 (4.5 ounce) can chopped green chiles
 crepes (I used 9 six inch ones)
 3 c. shredded monterey jack cheese
 Paprika
 Chopped fresh cilantro

In large skillet, cook ground beef, onion and garlic over medium high heat until browned and throuoroughly cooked. Drain. Stir in soup and chiles. Spray 3 1/2 or 4 quart slow cooker with nonstick spray. Spread about 1/4 c. enchilada sauce on the botton of slow cooker. Cover with crepes (to make a single layer, you may need more than I did). Tip with 1/3 of beef mixture, spreading evenly. Top with 1/4 c. cheese. Repeat layering twice. Sprinkle paprika over top. Cover cook; on low setting for 4 1/2 to 5 1/2 hours. (I start it off on High for an hour or two, then turn it down to low). let stand about 5 minutes before serving. This makes about six servings

Started Somersizing 7/03 restarted 5/04
 135/130/122.5
 steffan@charter.net

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Author	Posting
carolannb	Posted - 21 January 2005 23:15  

This is very good! Again I have to admit that I do not remember where I found this but...kudos to you!

1 lb ground beef
 1/2 lb Italian sausage
 1 clove garlic, minced
 2 Tbsp onion, chopped
 1/2 lb fresh mushrooms, sliced
 1 8oz can tomato sauce
 Salt, to taste
 1/2 tsp pepper
 1/4 tsp Italian seasoning, or to taste
 1 c shredded Mozzarella cheese

Topping:

1/2 c sour cream
 1/2 c mayonnaise
 1/2 tsp garlic powder
 1/2 tsp pepper
 1/2 c shredded parmesan cheese
 1 c shredded Mozzarella cheese

Brown the meats along with the garlic, onions and mushrooms; season with a little salt and pepper. Drain fat; stir in remaining ingredients. Adjust seasoning if necessary and put in a greased 7x11 baking dish. Topping: Combine topping ingredients and spoon over surface of meat mixture. Spread evenly with a spatula. Bake at 350 about 40 minutes until topping is nicely browned.

I used 1 lb Italian sausage. I did not add the onion or the Italian seasoning and I used probably 10oz of the tomato sauce. I also used 2/3 c of the sour cream and mayonaise, also where it calls for 1 c cheese I actually used 1-1/2 c for the base and the topping. (I made these changes because I doubled the Italian sausage.) This really is good..my DH and my DD loved it. (My DD never likes anything!) :)

Carol
 233/215.5/200(1st goal)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Succulent Sirloin Steak**

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Author	Posting
Sweet Dream	Posted - 2 March 2005 10:53  

I'm on a roll posting new steak recipes! Here's another one that you all may enjoy. I haven't made this one yet, but it sounds yummy. If you make it and like it, please let me know.

3 lb. top sirloin steak
3 Tbls. melted butter
2 Tbls. vegetable oil
1/4 cup soy sauce
2 Tbls. lemon juice
sugar sub. equaling 1 tsp. sugar
1/2 tsp. ground ginger
1 clove garlic, minced

Brown the steak in the melted butter and oil. Remove steak and combine the rest of the ingredients in saucepan. Simmer uncovered for 5 minutes. Pour sauce over steak in a 9 X 13 pan. Bake at 350 degrees until tender.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Nana's Stuffed Cabbage**

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Author	Posting
Corey Hickey	Posted - 29 March 2005 8:40  

Seeing that great cabbage recipe reminded me of my dear grandmother's stuffed cabbage. With substituting the bread crumbs for parm. cheese, it's a real winner!

Stuffed Cabbage Recipe

Cabbage

Lean ground beef or turkey (I use turkey)

Parm. Cheese

Garlic Powder

Onion Powder

All Spice

1 egg

3 onions

Sour cream

1. Cut 3 onions into slices or rings and carmalize in a skillet in 1 tablespoon of butter on low heat until carmelized. This your topping. Set aside.
2. Parboil your cabbage leaves until tender
3. In bowl, combine meat, egg, and a tablespoom each of garlic powder (not salt), onion powder (not salt), and all spice,plus 1 1/2 cups of Parm cheese. Mix well.
3. Begin filling cabbage leaves with a table spoon of meat filling and rolling it up in the leaf. Arrange in a baking dish and smother with carmelized onions. Bake covered with foil at 350 for 30 minutes. Serve with dollops of Sour Cream, salt and pepper.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Nana's Stuffed Cabbage**

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Author	Posting
Corey Hickey	Posted - 29 March 2005 8:40  

Seeing that great cabbage recipe reminded me of my dear grandmother's stuffed cabbage. With substituting the bread crumbs for parm. cheese, it's a real winner!

Stuffed Cabbage Recipe

Cabbage

Lean ground beef or turkey (I use turkey)

Parm. Cheese

Garlic Powder

Onion Powder

All Spice

1 egg

3 onions

Sour cream

1. Cut 3 onions into slices or rings and carmalize in a skillet in 1 tablespoon of butter on low heat until carmelized. This your topping. Set aside.
2. Parboil your cabbage leaves until tender
3. In bowl, combine meat, egg, and a tablespoom each of garlic powder (not salt), onion powder (not salt), and all spice,plus 1 1/2 cups of Parm cheese. Mix well.
3. Begin filling cabbage leaves with a table spoon of meat filling and rolling it up in the leaf. Arrange in a baking dish and smother with carmelized onions. Bake covered with foil at 350 for 30 minutes. Serve with dollops of Sour Cream, salt and pepper.

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Author	Posting
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ednamartha Posted - 14 March 2005 9:26  

Long time ago their was a taco casserol posted and it was really good and I cannot find my receipe. Can someone post it again for me. thanks

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Sloppy Joes ~ by JustMe**

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Author	Posting
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DebB Posted - 18 October 2003 9:18  

Hi ~ Here's JustMe's recipe. I haven't made them, but they look good! *Ü*

Sloppy Joes

Brown a 1+ 1/2 lbs hamburger

Add 1/2 cup each finely chopped onion, celery, and green pepper.

salt and pepper to taste

When veggies are almost done add 15oz can of tomato sauce, 2TBLS vinegar, sweetener equal to 2TBLS sugar, 1+1/2 tsp Worcestershire sauce and 1/4c catsup (or maybe this could be left out if you don't have any legal catsup).

Let simmer until as thick as you like and serve.

JustMe @ SS site

Started Somersizing 3-01

270/175/175

sdbruce@amerion.com

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Author	Posting
Sweet Dream	Posted - 1 March 2005 20:21  

I got this recipe from Just Crockpot Recipes. It gives the flank a delicious flavor and is one of my favorite steak recipes. I hope you enjoy it as much as I do.

1 1/2 lbs. flank steak -- cut in half
 1 Tbls. vegetable oil
 1 large onion -- sliced
 1/3 cup water
 4 ozs. chopped green chiles
 2 Tbls. vinegar
 1 1/4 tsps. chili powder
 1 tsp. garlic powder
 sugar sub. equaling 1/2 teaspoon sugar (or just omit if you want)
 1/2 tsp. salt
 1/8 tsp. pepper

In a skillet, brown steak in oil; transfer to a slow cooker. In the same skillet, saute onion for 1 minute. Gradually add water, stirring to loosen browned bits from pan. Add remaining ingredients; bring to a boil. Pour over flank steak. Cover and cook on low for 7 to 8 hours or until the meat is tender. Slice the meat; serve with onion and pan juices.

Mmmm, yummy!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Round Steak with Garlic Wine Sauce**

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Author	Posting
Sweet Dream	Posted - 2 March 2005 5:51  

This recipe came from Meals.com and is another great way to flavor steak.

1 1/2 lbs. round steak
 1 tsp. salt
 1/2 tsp pepper
 4 Tbls. butter, divided
 2 Tbls. green onions, thinly sliced
 1 cup red wine
 3 Tbls. garlic cloves, crushed

Sprinkle a round steak with salt and pepper. Heat a heavy skillet and cook the steak until seared and well browned on each side, about 1 to 3 minutes on each side. Reduce the heat, then add 2 tablespoons butter. Cook an additional 3 to 5 minutes on each side. Remove the meat from the pan and keep warm.

Pour off fat, then add thinly sliced green onions and red wine. Bring to a boil and whisk in crushed garlic cloves. Boil until the liquid is reduced by half. Remove from heat and gently swirl in 2 tablespoons softened butter.

Slice the meat, against the grain, into thin strips. Arrange the slices on a hot platter, and pour the sauce on top.

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Author	Posting
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karma Posted - 19 March 2004 19:5  

yummy! i use either beef or pork links, reg kielbasa, hot links, or whatever, fry it up, then drain. place back into pan, add a can or two of saurkraut, heat and there you go. it's soooo good. everyone that's tried it loves it.

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Author	Posting
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nette58 Posted - 10 October 2004 15:33  

Hi, I remember someone posting a recipe on how to cook a brisket, would love to know how you all cook one if anyone has any recipes. Thank you!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Inside Out Shepard's Pie**

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Author	Posting
CANMOM	Posted - 4 October 2003 20:2  

I got this recipe from the old boards, and my husband and I love it. It's such a comfort food to have now that the colder weather has begun. If anyone knows who the original creator of the recipe was, please post it here so they can get the credit they deserve. And to everyone who tries this recipe - ENJOY!

Inside Out Shepard's Pie

"Crust"

1 1/2 lbs ground meat

1 egg, slightly beaten

1/2 tsp. thyme

1/2 cup minced onion

1-2 garlic gloves, smashed and finely minced OR 1/2 tsp garlic powder

salt and pepper to taste

2 tsp. tomato paste

Mix all ingredients with your hands until well combined. Pat evenly into 9 x 13 casserole dish. Bake in preheated 350F oven for 30 minutes. Pour off fat. Fill with prepared topping.

"Topping"

1 medium head cauliflower, cooked and mashed

1 TBS. butter plus more for topping

2 TBS. cream cheese

2 TBS. heavy cream

2 cups green beans

While the "crust" is baking, prepare the "topping". Combine cream cheese, 1 TBS. butter and heavy cream in sauce pan over medium heat just until hot. Whisk to make a smooth creamy sauce and pur over cooked, mashed cauliflower. Season with salt and pepper.

Evenly arrange green beans over pre-baked meat crust and top with cauliflower mixture. Add bits of butter to the top, if desired.

Return pan to the oven and continue cooking for approximately 30 minutes more.

Leftovers freeze and reheat well.



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Author	Posting
artgirl67	Posted - 17 January 2005 19:48  

Originally posted by Peter Neuman, posted again for ~snaq~:

HAMBURGER CASSEROLE

2 lbs. ground beef
 1-1/2 to 1-3/4 cups tomato sauce
 1/4 teaspoon cumin
 1/4 teaspoon pepper
 1/4 teaspoon ground cloves
 1/2 teaspoon ground ginger
 1/4 teaspoon salt
 2 teaspoons parsley flakes
 2 teaspoons dried onion, minced
 2 teaspoons dried chives (I omit these)
 1-1/2 teaspoons dried basil leaves
 1 teaspoon dried oregano leaves
 1/4 cup Parmesan cheese, grated
 1/2 of a large spaghetti squash, or 1 small one
 1-1/4 cups mozzarella, shredded
 1-1/4 cups cheddar cheese, shredded
 2 cups crushed pork rinds (I omit these since DH doesn't like them - you can substitute Suzanne's Bake It And Shake It Fry Mix)

Preheat oven to 325F. Cook spaghetti squash for 1 minute in microwave, then cut in half lengthwise. Cook half of it for another 10-12 minutes. Remove spaghetti squash from oven and allow to cool until it can easily be handled. (I usually make the meat sauce while it cools.) Using a fork, scrape down the insides of the squash, forming spaghetti-like strands.

Saute the ground beef in a large skillet over medium heat. Drain the hamburger and add the cumin, pepper, ground cloves, ground ginger, salt, parsley flakes, minced onion, chives, basil leaves and oregano leaves. Cook until beef is browned throughout. Add tomato sauce and stir until thoroughly mixed and tomato sauce has heated through. Add grated Parmesan cheese. Stir until combined. Cook until beef mixture is bubbling, then remove from heat and set aside. Add squash and 1/3 of the cheddar and mozza cheeses to ground beef and spices, and mix together.

Grease large casserole and pour in beef-cheese-squash mixture. Even out mixture in casserole dish. Sprinkle pork rinds on top and remaining shredded cheeses. Place in preheated oven and bake for 25 minutes. Let cool for 10 minutes. Serve.

~*~Wendy~*~

New Bride ~ New Somersizer - again!

262 / ? / 125



"The journey of a thousand miles, begins with a single step."

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Author	Posting
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FrozH2O Posted - 16 January 2005 13:53  

Last night I made a regular ol' pot roast. It made lots of broth. After I removed the roast I decided to put diced diakon radish in the broth and cook it to see if it would work. Looked like potatoes, Cooked almost like potatoes. Tasted like the broth. Quite good actually. I feel this is a good substitue to keep in mind. Diakon is available year round and not too expensive here.

Thought I would post for those who wanted to know.

Kim

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **how do you make a good fall apart pot roast**

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Author	Posting
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loveTOsomersize Posted - 12 November 2004 0:23  

I'm not that good at pot roast any suggestions??? I loved the mushroom gravy...

Karissa

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Author	Posting
iwillrejoice	Posted - 5 December 2004 20:42  

Meatloaf Muffins

2 pounds lean ground beef
 1 small onion, chopped
 1 small bell pepper, chopped
 1 tablespoon minced garlic (about 9 cloves)
 2 eggs
 1 tablespoon sf ketchup
 1 tablespoon prepared mustard
 Salt & pepper
 3/4 cup crushed pork rinds
 1/4 cup Parmesan cheese
 1 small can tomato sauce

"Here is a recipe that uses meatloaf mix in muffin pans.. It makes several meatloaf muffins - just a different way to eat meatloaf. ...they dont take as long to cook as a 2 lb meatloaf!"

Mix all ingredients together.
 Spray muffin pan with non stick spray and press meat into each indentation.
 Bake 30 minutes at 350F., and then top each meat muffin with tomato sauce.
 Put back in oven and bake another 5-10 minutes.

This made 12 muffins, plus enough mixture left over to make at least another half a pan. (I just fried it up as hamburgers, tho.)

I thought that they might run over with grease (in the oven), but they didn't. Still a good idea to put a cookie sheet on rack underneath, tho.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ground Beef Recipes**

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Author	Posting
gonnamakeit	Posted - 1 December 2004 7:52  

Does anyone have some ground beef ss recipes that are quick and easy?
???

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Author	Posting
gonnamakeit	Posted - 1 December 2004 7:52  

Does anyone have some ground beef ss recipes that are quick and easy?
???

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bacon Cheeseburger Quiche**

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Author	Posting
iwillrejoice	Posted - 5 December 2004 20:52  

Bacon Cheeseburger Quiche

- 1 pound very lean hamburger
- 1 small chopped onion
- 4 slices crisp-cooked bacon, chopped in bits
- 3 eggs
- 1/2 cup mayonnaise
- 1/2 cup diluted cream (just mixed with a bit of water)
- 8 ounces shredded Cheddar OR Swiss cheese
- Garlic powder to taste (optional)
- Freshly ground white pepper to taste

Brown ground beef in skillet with onion.
Remove and mix in bowl with bacon pieces, breaking up any larger clumps with a fork or pastry mixer until you have a fine mix.
Drain well of any excess grease and press into the bottom of a deep-dish pie pan.
Set aside.
Preheat oven to 350 degrees.
Combine remaining ingredients in mixer bowl and whip well. (I just whisked it.)
Pour mixture over beef "crust" and bake 40 to 45 minutes until top is browned and "set".

6 servings

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Deviled Hamburgers**

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Author	Posting
iwillrejoice	Posted - 4 December 2004 11:55  

Deviled Hamburgers

2 pounds ground beef
6 tablespoons sf catsup
1 teaspoon Worcestershire sauce
2 teaspoons prepared mustard
2 teaspoons horseradish
1 tablespoon grated onion
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup crushed pork rinds

Mix ingredients thoroughly.
Shape lightly into patties.
Grease skillet or broiler pan.
Cook from 2-5 minutes on each side.

Adapted from The Settlement Cookbook.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Smothered Burgers**

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Author	Posting
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iwillrejoice Posted - 4 December 2004 12:9  

I posted this one a few years ago - reposting now by request.

Smothered Burgers

- 1/2 cup sliced onion (I chopped it)
- 1/2 cup sliced mushrooms
- 2 tablespoons butter or olive oil (or 1 of each)
- Dash of Worcestershire sauce
- 4 hamburger patties

Melt the butter or heat the oil in a small, heavy skillet over medium-high heat.

Saute the onions & mushrooms together in the butter or olive oil until the onions are translucent, & the mushrooms begin to brown.

Remove them to a bowl, & stir in the Worcestershire.

Cook the burgers in the same skillet.

Spoon onions & mushrooms over burgers, & serve.

Adapted from 500 Low-Carb Recipes.

My Notes: Worcestershire in large quantities is funky. But Suzanne herself uses it in small amounts in her recipes. This small amount shouldn't cause you any problems, but if it does, just omit it.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **London Broil w/ Tequila and Jalepenos**

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Author	Posting
momof7	Posted - 22 September 2004 8:17  

1 Jalepeno-seeded
 1 clove garlic
 1 C Tequila- try to get a med. quality if not better-I know it costs more but the flavor is worth it.
 1 C teriyaki sauce
 1/4 C olive oil
 1/4 C Worcestershire sauce
 1/4 ts sea salt-reg. salt is fine too
 1/4 ts fresh ground pepper
 3 1/2 lb (or whatever size fits your family-I need at least 5 lb) London Broil

In a blender combine all but meat.
 process till smooth-the peppers will leave some chunks.
 Put meat in a non-reactive container and pour marinade over top.
 Marinade for at least 4 hours-overnite is best.
 Broil as you normally would or place on white hot grill to seer in juices then continue to grill to your liking. You should flip London broil at least 4 times to keep the juices in.
 Let rest 10 min. before slicing against the grain but diagonallyfor wide but thin slices.

We have ours with mock mash potatoes and a huge spinach salad. Enjoy!

Lori
 235/203/200

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Sloppy Joes - Need recipe**

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Author	Posting
livinginthesticks	Posted - 25 October 2004 9:40  

I typically buy a sloppy joe package mix and then just add tomato paste, hamburger and water but the package mix is funky with flour, etc. Can anyone give me a good recipe for sloppy joe? I use the magic pizza crust as the rolls and it's great!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Sloppy Joes - Need recipe**

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Stroganoff**

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Author	Posting
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CarrieG Posted - 26 February 2004 16:25  

~ serves 2~

1# beef loin steak
3/4 C water
1 C. sour cream
1 medium onion
1 can or 8oz package of mushrooms
1/2 t. garlic
1T. olive oil
salt and pepper to taste

slice the steak on an angle into 1/4" strips, sautee with the oil in a frying pan on medium. cut the onion in half, then slice in 1/4" strips and sautee with the meat. add the garlic and let it simmer for about 15 min turning the meat so it cooks thru, add the water and mushrooms and let the meat simmer for another 15 min (this will make a great beef juice) add the sour cream just before you serve it and salt and pepper to taste.

I eat this just like this and make my fiance some noodles to go with it. or you could eat it on cabbage noodles, or spaghetti squash.

* to make this recipe for more, double all, except take the water up for each recipe by 1/4 cup.. so for 4, use 1 C.

started 2-6-04

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Stroganoff**

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Rotel?**

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Author	Posting
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glennam Posted - 10 November 2004 9:12  

Hi all! I am making the Chili like Wendy's again and this time I would like to try using the can of "Rotel" that DebB suggests, but I have never seen this product and I haven't had any luck finding it in my grocery store. What exactly is Rotel? And, where do I find it at the grocery store? Thanks for your help!

Glenna
151/130/130

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Simple Bolognese**

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Author	Posting
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phoffer Posted - 12 November 2004 11:10  

1/4 C extra virgin olive oil
1 med onion chopped
2 garlic cloves. chopped coarsely
1 celery stalk, chopped coarsely
1 lb ground chuck beef
1 28 oz can crushed tomatoes
1/4 cup flat leaf parsley
8 fresh basil leaves, chiffonade
salt and pepper
1/4 c freshly grated Parmesan
Romano cheese on top

Directions:

In a 6 qt. pot, add oil. When almost smoking add the onion and garlic and saute over medium heat until the onions become very soft about 8 minutes. Add the celery and saute for about 5 minutes. Raise heat to high and add the ground beef. Saute stirring frequently and breaking up any large lumps and cook until meat is no longer pink. about 8 minutes. Add the tomatoes, parsley and basil and cook over medium low heat until the sauce thickens about 1/2 hour. Finish bolognese with Romano cheese. Check for seasonings. Serve hot.

Patricia Hoffer

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Italian Burger Melt**

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Author	Posting
mjlibbey	Posted - 27 October 2004 14:24  

Thanks to DebB and Chefskid this old favorite recipe is usable again. Hope others enjoy it as much as we do. Mary

ITALIAN BURGER MELT(mjlibbey)

SAUCE(Karma's Kream of Tomato Soup recipe using chefskid's and DebB's suggestions)

8 ounce can of basil, garlic and oregano tomato sauce
Using the can, fill with 1/2 water and 1/2 heavy cream
sweetener to equal 1 teaspoon of sugar
pinch of salt
Combine together in a bowl. Set aside.

1 1/2 pounds ground chuck, made into 6 patties
6 slices mozzarella cheese

Brown patties in a skillet and drain off fat. Add tomato soup mixture, cover and cook 10 minutes or until patties are no longer pink. Top with mozzarella cheese and serve. For non-sser's serve on hamburger buns.

NOTE: If you like a lot of sauce, double the tomato soup recipe.

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Author	Posting
manda318	Posted - 24 October 2004 19:1  

This is a compilation of suzanne's pot roast & beef stew from fast and easy.

1 4-5lb. chuck roast

2 stalks celery, 1 red onion, 2 cloves garlic

1 can veg. broth, 1 can beef broth

1 15oz. can diced tomatoes in sauce

2 tbsp. chardonnay (u don't have to add i did, adds another depth of flavor!)

splash of worchestire, pinch of bay leaf, italian seasoning, tomato paste.

Brown roast on all sides in olive oil

remove and saute chopped celery, onion, and minced garlic until almost translucent. Add in 2 tbsp. tomato paste and saute 1 min. more, coating all the veggies. Add in can of tomatoes and the wine. Stir in 1 tbsp. italian seasoning and pinch of bay leaf & salt and pepper to taste. Pour in half of each can of the veg and beef broth. Shake in 3 dashes of worchestire sauce. Slide roast back in pan, and make sure liquid comes up halfway around the roast. Place lid on the pot, and braise in the oven at 350F for a/b 3 1/2-4hrs. Check occasionally to see if more broth needs to be added.

I make this roast almost every sunday. My family loves it, and I do too! To me, this is the best tasting pot roast i've ever had, it literally falls apart trying to put it on a platter to serve! Hope you enjoy :)

manda :)

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Author	Posting
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phoffer	Posted - 8 October 2004 9:27  
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3 cups beef stock
 6 sprigs of thyme
 1 bay leaf
 2 lbs chuck roast cut into 2 inch pcs.
 kosher salt and fresh ground black pepper
 6 TB extra virgin olive oil
 1 med onion, chopped
 2 TB cognac
 5 TB unsalted butter
 1 lb mushrooms, sliced
 3 cloves garlic, chopped
 2 TB sour cream, plus more for garnish
 1 TB Dijon mustard
 2 TB chopped fresh parsley, more for garnish

Heat beef stock with thyme and bay leaf, Pat the beef dry and season it with salt and pepper. Heat 3 tb oil in a large heavy skillet over high heat. fry the meat in batches so that browns on all sides. lower

heat to medium and return all the meat to the pot. Add onions and cook until they are soft, about 5 minutes. Pour in the cognac and cook until the alcohol has burned off. add the beef stock discard the thyme sprigs and bay leaf. Cook, partially covered over a very low heat for about 1-1 1/2 hours.

In large skillet over med heat melt 3 TB butter in remaining olive oil add mushrooms garlic and remaining 2 thyme sprigs and cook until the mushrooms are browned and cooked through. remove from heat and set aside.

When meat is done remove it from heat and fold in mushrooms mixture, sour cream mustard and parsley. Taste and adjust the seasonings with salt and pepper.

Meanwhile if you want to use zucchini noodles for this, go ahead and get that prepared by slicing off green strips of the zucchini and par boil them and you are ready to go. Enjoy!!!!!!!!!!

Patricia Hoffer

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In large skillet over med heat melt 3 TB butter in remaining olive oil add mushrooms garlic and remaining 2 thyme sprigs and cook until the mushrooms are browned and cooked through. remove from heat and set aside.

When meat is done remove it from heat and fold in mushrooms mixture, sour cream mustard and parsley. Taste and adjust the seasonings with salt and pepper.

Meanwhile if you want to use zucchini noodles for this, go ahead and get that prepared by slicing off green strips of the zucchini and par boil them and you are ready to go. Enjoy!!!!!!!!!!

Patricia Hoffer

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **What is your favorite roast recipe?**

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Author	Posting
JCnmyheart	Posted - 1 October 2004 15:45  

The subject asks it perfectly... I have a nice roast on my counter and just can't think of how to make it. What is your favorite recipe and seasonings to use...please include length of times. Thank you so much:)

JCnmyheart <><

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Author	Posting
momof7	Posted - 22 September 2004 16:27  

Okay, I looked and did not see that I could not post the same recipe in 2 places. This one really is good as a main course or as a dip for parties. Sorry if it is redundant.

1-LB ground beef-browned and seasoned -you can season it with either taco seasoning or salt and pepper
 8 oz-or more- softened Cream cheese
 Salsa
 Some Grated Sharp Cheddar Cheese
 Olives for garnish

Layer in pie dish-
 Cream cheese
 Meat
 Salsa
 Cheese

Garnish with sliced olives

Bake at 425 for about 15 min. or until hot and bubbly. Use pork rinds as dippers.

**If you have a large family -like me-and need to make a meal that goes a little farther you can make 2 and add beans to one , letting them use tortilla chips to dip and a side of rice,salad or vegies to make a full meal

Lori
 235/203/200

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Paprikash**

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Author	Posting
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sweetthing Posted - 7 November 2003 9:40  

I got this recipe from my Woman's day magazine.It is so good and easy to make I thought I would share it.....

1LB beef sirloin tips

1/2 tsp salt

1/4 tsp pepper

4 tsp oil

1 cup thinly sliced onion

1 cup pepper strips

1 Tablespoon Paprika

2 tsp minced garlic

1 cup chicken broth

1 cup sour cream

Season beef with salt and pepper.Heat half of oil in skillet over med-high heat.Add half and meat and cook till browned..Add rest of meat and brown..Remove to plate and keep warm.Add remaining oil to drippings.Add onions and pepper.Cook till soft about 4 min.Stir in paprika ,garlic ,and broth....simmer 5 min..Remove from heat..stir in sour cream..Add the beef back and stir to coat...My kind if meal....fast and easy....

er strips

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Like Velveeta Rotel Main Dish**

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Author	Posting
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DebB	Posted - 28 October 2005 21:8  
------	---

Now - how's that for a name? I didn't name it folks ~ just passing it along. I just entered this one on my site - Mmmmm good! And simple? Oh yeah....

This recipe was posted by cjack1 @ Low Carb Friends and I'm just going to type it up as I made it. I didn't "change" the ingredients, just increased them a bit :)

Do you know what? I think even if you don't like cabbage - you'd like this dish! My husband just loved it. He's so much fun to cook for cuz he's not PICKY!

=====

Like Velveeta Rotel Main Dish
Level 1 ~ Pro/Fat/Veggie

2 pounds hamburger
2 (10 ounce) cans Rotel tomaotes, "Original" flavor
1 small head green cabbage, sliced very thin
12-16 ounces American cheese
Salt to taste

Brown hamburger and drain. Add Rotel tomatoes, salt and cabbage. Simmer, covered until cabbage is tender 20-30 minutes. Then I drained out the clear juice that cooked off the cabbage. I wanted the mixture fairly "dry". Add cheese and mix well after cheese melts.

Add a dollop of sour cream after you've dished it up - Mmmm good!

~ Notes ~

cjack states that you can buy "Angel Hair Cole Slaw" mix at Kroger and Walmart. Its only ingredient is green cabbage. My Walmart doesn't carry it...

I recommend using the American cheese in this recipe, versus something like Cheddar. The American cheese will melt very smoothly like Velveeta. I got my cheese in the deli at the grocery store.

*Rotel - If you're not familiar with Rotel, here's their URL that will show you what it looks like. If you cannot find it - it's simply diced tomatoes with green chiles. There are now other brands of these kinds of tomatoes. It's not hot/spicy (the original flavor, other flavors are hotter!) - but it does have a very nice flavor. Definitely not the same as just adding a can of diced tomatoes.

Rotel's site: <http://www.texmex.net/Rotel/main.htm>

Started Somersizing 2-01
Our favorite Tried & True SS recipes:

<http://recipecircus.com/recipes/SomersizinDebB/>

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **FREEZE WELL: Swiss Steak**

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Author	Posting
--------	---------

Liz01219 Posted - 27 August 2007 14:26  

Just needed to eliminate the carrots to SS this

2 lbs. round steak, trimmed of excess fat
salt and pepper to taste
1 1/2 cups chopped onion
1 tsp. minced garlic
1/2 mushrooms, sliced
1 (15.5oz) can chopped tomatoes with their juice
1 (8 oz.) can tomato sauce

Season with salt and pepper.

In a large non stick skillet coated with non stick cooking spray, saute the onion, garlic and mushrooms over medium heat until tender, about 5 minutes.

Add the steak to the skillet and brown on both sides for about 7 minutes. Add the tomatoes, tomato sauce. Bring to boil, reduce the heat and cook, covered, until the meat is very tender, about 1 1/2 to 2 hours.

TO PREPARE AND EAT NOW:

Eat when ready

TO FREEZE:

Cool to room temp., then wrap, label and freeze.
Recommended freezing time: up to 2 months

TO PREPARE AFTER FREEZING:

Defrost.

Reheat in non stick skillet over low heat until well heated.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Tyler Florence-Beef Stroganoff**

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Author	Posting
roweena	Posted - 6 April 2008 11:33  

We made this for a dinner part once, it was a HUGE hit, well worth the cooking and prep time :)

Beef Stroganoff:

3 cups beef stock

6 sprigs fresh thyme

1 bay leaf

2 pounds chuck roast, cut into 2-inch cubes

Kosher salt and freshly ground black pepper

6 tablespoons extra-virgin olive oil

1 medium onion, chopped

5 tablespoons unsalted butter

1 pound mushrooms, sliced

3 cloves garlic, chopped

2 tablespoons sour cream, plus more for garnish

1 tablespoon Dijon mustard

Heat the beef stock, 3 thyme sprigs, and bay leaf. Pat the beef dry and season it with salt and pepper. Heat 3 tablespoons oil in a large heavy bottomed skillet over high heat. Fry the meat in batches so that it is browned on all sides. Lower the heat to medium and return all the meat to the pot. Add the onions and cook until they are soft, about 5 minutes. Add the beef stock, discarding the carrot, thyme sprigs, and bay leaf. Cook, partially covered, over a very low flame for 1 1/2 to 2 hours.

In a large skillet over medium heat, melt 3 tablespoons butter in the remaining 3 tablespoons olive oil. Add the mushrooms, garlic, and remaining 3 thyme sprigs and cook until the mushrooms are browned and cooked through. Remove from heat and set aside.

When the meat is done, remove it from the heat and fold in the mushrooms, sour cream, mustard, and parsley. Taste and adjust the seasoning with salt and pepper.

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227/212/160

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Author	Posting
mammajo47	Posted - 8 January 2009 9:13  

I got this low carb recipe from another site and thought that you might enjoy it. I am looking forward to making it myself. Might even try mixing Italian sausage with it too and other veggies. M-m-m-m-m!!!!!!

ENJOY

SERVES 2 -4

Ingredients

1 lb lean ground beef
 2 cups shredded part-skim mozzarella cheese, divided
 1/2 cup low-sugar pizza sauce (I use Ragu)
 diced Canadian bacon
 low-fat pepperoni
 turkey pepperoni (optional)
 onion
 green pepper
 mushroom
 tomato (optional)
 your favorite pizza seasoning, to taste

Directions

1Preheat oven to 350 degrees.
 2Meanwhile, brown the ground beef; drain.
 3Place meat in a mixing bowl and mix with 1 cup of mozzarella.
 4Spread the mixture into a circle on a round pizza pan or baking stone (I prefer the stone); and top with 1/2 cup pizza sauce.
 5Top with the rest of the mozzarella, optional toppings and seasonings.
 6Bake for about 25 minutes or until cheese is melted and browned.

starting weight 228 lbs

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Author	Posting
cubbiegal	Posted - 19 March 2005 4:17  

I was looking for something to do with cabbage from St. Patty's Day and found this in my recipe box, gonna try it for lunch. Im not sure where this came from....but sounds good!! And since cabbage is cheap right now and good way to make use of it.

12 oz lean ground beef (i'll use a lb)
 1 c. chopped onion
 1/2 medium sized head of cabbage
 1 28 oz can crushed tomatos (i will use tomator sauce instead)
 1 T light brown sugar (will use the substitute)
 1 T vinegar
 1/2 t salt

Crumble beef into a 4-5 quart dutch oven. Add onions and cook over medium heat for 5-6 minutes til beef it lightly browned. Quarter and core cabbage. Cut crosswise in 1 inch wide strips, should have about 8 cups. Add to meat mixture. Cover and cook over medium heat 5-7 minutes, stirring occasionally, until cabbage wilts.

Stir in tomatos, sugar, vinegar and salt. Bring to a boilm reduce heat. Cover and simmer, stirring occasionally for about 10 minutes or til cabbage is tender.

Enjoy!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Chili Like Wendy's ~ Merrilee Wagner**

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Author	Posting
DebB	Posted - 20 September 2003 16:18  

Chili Like Wendy's

Saute:

2 cups chopped onion (sweet if possible) I chopped my onions in my food processor

4 cloves garlic, chopped fine -or- 1 T of jar garlic

2 T olive oil

Add and simmer:

1 (4oz) can green chili peppers (could add more)

2 (29oz) cans of tomato sauce

1 (14oz) can beef broth - Swanson's 99% fat-free

8 T chili powder

3 tsp salt

4 T cumin powder

3 tsp oregano

1 tsp pepper

1 tsp cayenne pepper

1/2 tsp brown Sugar Twin

In separate skillet, saute and drain 3 pounds hamburger.

Combine the simmered sauce and onion-garlic mixture with the hamburger for 15 minutes. Taste for adjustments.

Serve with sour cream and shredded Colby or cheddar cheese. Tastes like Wendy's without the beans.

Merrilee Wagner @ SS site

Deb's notes: I brown the 3# of hamburger together with the onions and garlic.

I use 3 cups of chopped, sweet onion and 2 T of garlic in the jar.

I add 2 cans of the (chopped) green chilis . I do not use the 2 (29oz) cans of tomato sauce. Instead, I use: 3 (15oz) cans of tomato sauce, 1 (14oz) can of

Rotel (the blue can) and 1 (15oz) can of plain chopped tomatoes.

I use only 3 T of chili powder, 2 T cumin, and 1/2 tsp of cayenne pepper. I omit the brown Sugar Twin

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270/175/165
sdbruce@amerion.com

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **African Curry (spicy & sweet)**

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Author	Posting
roweena	Posted - 7 April 2008 17:24  

I found this recipe a couple months ago on allrecipes.com. I altered it just a little, you can use chicken too! It is a little sweet, spicy and creamy, YUM!

1 tablespoon olive oil
 1 onion, chopped
 3-4 cloves garlic, peeled and sliced
 2 bay leaves
 1 (14.5 ounce) can diced tomatoes
 3-4 teaspoons Indian curry powder (I use Garam Masala-most large grocery stores will have this)
 1/2 teaspoon salt
 2 to 3 pounds beef sirloin (or similar cut) or chicken cut into bite-size pieces
 3/4 cup heavy cream
 1 teaspoon coconut extract
 1 splenda packet
 juice of half a lemon ****KEY****

1. Heat olive oil in a large, heavy skillet or soup pot over medium heat. Stir in the onion, garlic, and bay leaf, and saute until onion is lightly browned.
2. Mix tomatoes, curry powder, sugar, and salt into the skillet, and continue cooking about 5 minutes.
3. Mix in the meat, and simmer for 10-15 minutes, until meat is fully cooked.
4. Reduce heat to low. Gradually blend in the "coconut cream" and stir well. Continue cooking until you get the desired thickness and meat is tender.
5. Turn off heat and add in a little lemon juice at a time, just until you get the desired tartness.

I used to eat this with rice or naan (like pita bread), but since that is off limits I had mine with mock potato salad. I know it sounds wierd, but it was a great combo! Spicy and hot with cool and creamy...so good! This would also be good with a creamy cucumber salad :)

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[search](#)Click [here](#) to show the most recent reply first.[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Sweet & Sour Meatloaf**[Send Topic To a Friend](#)

Author	Posting
luvmy2boyz	Posted - 10 April 2008 14:43  

I Somersized one of my favorite recipes...it came out pretty good. I'll include the original non - Somersized version in case someone has a better suggestion for substitutions. Enjoy!

Sweet & Sour Meatloaf:

Somersized...

Meatloaf Portion

1 1/2 lb. ground beef

1 1/4 cup parmesan cheese (shaker)

1 tsp salt

1/4 tsp pepper

2 eggs

1 tsp instant minced onions

2 8 oz cans tomato sauce (Note: one is used for meatloaf; one can is used for topping)

Topping:

1 can tomato sauce

5 & 3/4 tsp Somersweet

2 tbs white vinegar

2 tsp bottled yellow mustard

Mix together beef, parm cheese, salt, pepper & eggs. Add minced onions & 1 can of tomato sauce. Form into a bread loaf pan. (you may want to spray it with Pam first)

Bake at 350 degrees for 50-55 min. Take out of the oven and poke holes in meatloaf with fork.

Once out of the oven...in a saucepan combine the topping ingredients and let it come to a boil. Pour liberally over meatloaf, so it soaks in, you will have quite a bit of excess on top. It soaks in while you cook. Bake for 10 minutes more. I served it with mashed turnips.

Original Non - Somersized Version:

Sweet & Sour Meatloaf:

Meatloaf Portion

1 1/2 lb. ground beef

1 cup dry bread crumbs

1 tsp salt

1/4 tsp pepper

2 eggs

1 tsp instant minced onions

2 8 oz cans tomato sauce (Note: one is used for meatloaf; one can is used for topping)

Topping:

1 can tomato sauce
2 tbs brown sugar
1/2 cup sugar
2 tbs white vinegar
2 tsp bottled yellow mustard

Mix together beef, bread crumbs, salt, pepper & eggs. Add minced onions & 1 can of tomato sauce. Form into a bread loaf pan. (you may want to spray it with Pam first)

Bake at 350 degrees for 50-55 min. Take out of the oven and poke holes in meatloaf with fork.

Once out of the oven...in a saucepan combine the topping ingredients and let it come to a boil. Pour liberally over meatloaf, so it soaks in, you will have quite a bit of excess on top. It soaks in while you cook. Bake for 10 minutes more.

God Bless,

luvmy2boyz

"Blessed are the pure in heart, for they shall see God"

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Author	Posting
SinginSOMERSong	Posted - 11 February 2008 22:23  

I remember having this at home when I was growing up, but Campbell's tomato soup was used as the base. Give this one a try.

1 lb lean ground beef (gr turkey can be substituted) formed into thin patties(handle gently to prevent toughing of meat)

1 1/2 - 2 cups tomato sauce (no sugar added)

3 Tbs heavy cream

1/4 to 1/2 yellow onion,thinly sliced

1 tbs Worchestershire Sauce

black pepper as desired

Preheat oven to 350 degrees. Form patties and place in an oven safe dish without overlapping. Combine other ingredients and pour over the meat patties. Place foil over the baking dish and bake for 30 mins.until onions and patties are cooked through, then remove the foil and continue baking another 5-10 mins to thicken the sauce. Serve over a mild flavored vegetable such as spaghetti squash,faux mashed potatoes(cauli-flower),or with yellow crookneck squash. That's it! I hope you'll give it a try sometime. I made a vegetable mix of yellow squash, broccoli, onion, and red bell pepper and shreds of fresh parm to top it as a side for this tonight. ~-Singin'

** Please read on to postings on this, and discover some additions you're SURE to enjoy! Thanks for input,mamalaurie,Blue,Liz,marie...and any who have more tweaks...c'mon back here to share! :0)

Edited by - SinginSOMERSONG on 10/14/2008 12:05:29 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **eggplant hamburger**

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Author	Posting
gemdetectivemdr	Posted - 19 September 2008 22:31  

Grill eggplant + then use it as the bun for the hamburger, put all the extras you like on the hamburger...You must use a fork to eat it...enjoy

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bacon Double Cheeseburger Pizza**

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Author	Posting
artgirl67	Posted - 30 January 2005 11:22  

Ok... here it is! The recipe I put together on Friday night, and it turned out so fabulously yummy! Because I didn't have all the ingredients to do one of the recipes I had, I combined two and came up with the yummiest pizza I've had in ages!

The recipe for the crust comes from Rondaren's Deep Dish Pizza recipe, and the topping is an adaptation of iwillrejoice's Bacon Cheeseburger Quiche recipe! So thank you to both of them for the inspiration for this recipe!

I hope you enjoy it as much as we did here! :o)

BACON DOUBLE CHEESEBURGER PIZZA

CRUST:

4 oz. cream cheese, softened

2 eggs

1/3 cup cream (leave out for a crispier crust) - I added cream to mine, may try leaving it out next time to see the difference...

1/4 cup grated Parmesan cheese (I used Kraft in the can)

1/2 teaspoon oregano

1/2 teaspoon garlic powder

2 cups mixed cheddar & mozzarella cheeses, grated (original recipe calls for cheddar and monterey jack)

Note: Next time I think I will double the crust recipe to make a thicker crust.)

Preheat oven to 375F. Beat together the cream cheese and eggs until smooth. Add cream, if using, Parmesan and spices and mix again. Grease an oblong casserole dish or pizza pan with olive oil and sprinkle the shredded cheeses into the bottom of the dish. Pour egg mixture evenly over the cheese. Bake for about 30 minutes, then remove from oven and let stand. Turn oven down to 350F.

TOPPING:

1 lb. lean hamburger

1/2 to 1 onion, chopped

4-6 slices bacon, cooked crisp & crumbled

1/2 cup mayonnaise

3-4 cloves garlic, minced

1/2 teaspoon oregano

Salt & freshly ground black pepper

More shredded cheddar and mozzarella cheese

Brown hamburger in skillet with the onion and garlic, & salt and pepper to taste. Remove and drain, if needed. Return to the skillet and over low heat, add in bacon pieces and mayonnaise. Mix thoroughly, and also add some

shredded cheese, mixing it in as it melts. Add topping mixture on top of your prepared crust. Cover with shredded cheeses and another light dusting of oregano. Bake in 350F oven for about 30-40 minutes. When cheese is bubbly and golden, remove from oven and let stand for 10 minutes before serving.

Enjoy!!! :o)

~*~Wendy~*~

Re-started this WOE Jan.3/05

262 / 254.5 / 125

"The journey of a thousand miles, begins with a single step."

"If you take the leap, you may be taught how to fly."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Tyler Florence-Delicious Pot Roast!**

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Author	Posting
roweena	Posted - 6 April 2008 11:32  

This is one of my fav recipes of Tyler's that I've tried to date. So good and FLAVORFUL, worth of serving to guests!

Pot Roast:

- 1 (3 to 4 pound) piece beef chuck roast, trimmed of excess fat
- Kosher salt and freshly ground black pepper
- 3 tablespoons olive oil
- 1 cup canned crushed tomatoes
- 1 cup water
- 2 red onions, halved
- 2 garlic cloves, chopped
- 2 celery stalks, sliced
- 1 cup button mushrooms, stems removed
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 2 bay leaves
- 1/2 cup of red wine-THIS IS KEY!

Season all sides of the beef with a fair amount of salt and pepper. In a large Dutch oven or other heavy pot that has a tight cover; heat 2 tablespoons of the oil over moderately high heat. Brown the meat on all sides, taking the time to get a nice crust on the outside, about 15 minutes total. Pour in the tomatoes and the water. Scatter the vegetables and herbs around the pot roast, season with salt and pepper; and drizzle with the remaining tablespoon of oil, and add in the wine. Cover the pot and reduce the heat to low. Braise for about 3 hours, basting every 30 minutes with the pan juices, until the beef is fork tender.

Slice the pot roast and arrange on platter surrounded by the vegetables. Serve with the pot juices.

Started SS 2/25/08
227/212/160

Edited by - roweena on 4/7/2008 8:31:14 AM

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Author	Posting
roweena	Posted - 9 April 2008 10:52  

We buy organic meat by the 1/4 or 1/2 cow, so we always have lots of hamburger meat! Great for tacos and burgers, but sometimes I want something different and found this recipe in my "500 more low-carb recipes" book. I altered it just slightly.

Just a quick note: I didn't use anything to thicken it, so it was a little "soupy", but I liked it that way. How would you guys thicken it if needed?

1 tablespoon oil
 1 pound ground beef
 1/2 an onion, diced
 1 garlic clove-minced/pressed
 1/2 cup beef broth
 1/2 cup red wine
 3/4 cup sour cream
 salt and pepper to taste

1. Heat the oil in a large skillet or pot over medium heat. Put in the onions and garlic and cook for about 2 minutes.

2. Add in the ground beef, make sure to crumble it up and let it cook all the way thru.

3. Add in the beef broth and wine, turn heat down a little and let it all simmer for about 10 minutes.

4. Add in the sour cream and let it cook for another few minutes. Salt and pepper to taste.

I ate mine on top of canned green beans and it was really good! But this would be great with faux mashed potatoes or on top of other steamed veggies.

Started SS 2/25/08
 227/210.5/160

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: *****Cheeseburger Pie**

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Author	Posting
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Twiggy88 Posted - 20 September 2003 5:18  

Cheeseburger Pie

1 lb. ground beef
1 cup chopped onion
1 cup shredded cheddar cheese
1/2 cup cream
1/2 cup water
2 eggs

Dilute 1/2 cup cream with 1/2 cup water.
Brown and drain beef; spread in bottom of greased pan; sprinkle with cheese. Stir remaining ingredients and pour into pan.
Bake at 400F degrees for 25 minutes.

***twiggy88

Edited by - twiggy88 on 10/27/2003 10:15:07 AM

Edited by - twiggy88 on 11/29/2006 4:02:01 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Country Meatloaf with Tomato Relish**

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Author	Posting
MsTified	Posted - 29 April 2008 8:22  

I got this from this site some time ago. MJLibby posted it so I guess she changed Tyler's recipe to make it legal. Gotta tell ya ... it's fabulous. DH doesn't really like meatloaf - he loved this! I, of course, made some changes ... noted in parentheses after the original ingredient.

Country Meat Loaf with Tomato Relish Tyler Florence

Tomato relish:

2 tablespoons olive oil
 2 garlic cloves, minced
 2 bay leaves
 1 (1/2) onion, diced
 2 (1) red bell peppers, seeded and chopped
 2 (1) tomatoes, seeded and chopped
 1/4 cup chopped flat-leaf parsley
 1 tablespoon Worcestershire sauce
 12 (6) ounces bottled sugar free ketchup

Meatloaf:

1½ (1) pounds ground beef
 1 pound ground pork
 3 (1) large egg
 2 tablespoons fresh thyme leaves
 Salt and pepper, to taste

1. For the tomato relish, coat a skillet with olive oil and place over medium heat. Sauté the garlic, bay leaves, and onion together until they caramelize. Add the red peppers and cook until soft. Add the tomatoes, parsley and Worcestershire sauce, cook for 10 minutes until the vegetables cook down. Stir in the ketchup and continue to cook until heated through, about 5 minutes. Remove from heat.

2. In a large mixing bowl, combine the ground beef and pork together with your hands. Fold in 1/2 cup of the tomato relish. Add the egg and thyme and mix with both hands just until blended. Do not over mix or the meat loaf will become dense and tough. Season with salt and pepper. Coat a 9 by 5-inch loaf pan with nonstick spray. Fill the loaf pan with the meat mixture, mounding it a bit on top. Generously spoon some tomato relish on the surface (you don't have to use it all). When cooked, this will form a top crust. Place the loaf pan on a cookie sheet and bake in a preheated 350 degrees F. oven for 1 to 1½ hours or until the meat loaf has pulled away from the sides of the pan. Remove from pan, allow to cool slightly before cutting into slices. Serve with remaining sauce on the side.

Note: I did not try to remove it from the loaf pan! I just cut it there and served it.

I served this with steamed turnips and cauliflower that I then mashed with about 1/4 cup cream cheese and 2 tablespoons of butter. YUM! I've always made my "mashes" with celery root and cauliflower -- but gotta say, made with turnips was YUM-O! ~Ü~

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~

"MsTified (Kate)

05/2001: 148/126 (reached goal then slipped)

Back Again: 136/130/126

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Flat-Iron Steak with Chile-Honey Butte**

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Author	Posting
MsTified	Posted - 7 April 2008 9:14  

Grilled Flatiron Steak with Chile-Honey Butter & Drunken Onions
 From: "The Northwest Best Places Cookbook"
 Serves 4

4 flatiron steaks, 3/4" thick
 Salt & Pepper, to taste
 Chile-Honey Butter
 1 dried ancho chile
 1 dried New Mexico chile
 2 cloves garlic, unpeeled
 2 sun-dried tomatoes (plumped in hot water for 10 minutes)
 1 tablespoon tequila (optional, I suppose, but if you don't use, double the lime juice)
 1 tablespoon fresh lime juice
 1/8 teaspoon dried oregano
 1/8 teaspoon ground cinnamon
 1 cup unsalted butter, at room temp
 2 tablespoons honey substitute
 Salt, to taste
 Drunken Onions
 3 tablespoons olive oil
 2 sweet onions, thinly sliced
 1 tablespoon ancho chile powder
 1 teaspoon ground cumin
 1/4 cup tequila **
 2 tablespoons fresh lime juice
 Salt, to taste

1. For Chile-Honey Butter: Lightly toast the dried chiles in a medium skillet over medium-high heat until aromatic, about 5 minutes, gently tossing so they toast evenly. Transfer chiles to small bowl, add warm water to cover and set aside to soak until soft, about 30 minutes.
2. While the chiles are soaking, toast the garlic cloves in the same skillet until the skin has blackened and the garlic is aromatic and beginning to soften, about 10 minutes, tossing so it toasts evenly. Let the garlic cool until it is easy to handle, then peel away and discard skin.
3. Drain the chiles and remove stems, cores and seeds.
4. Combine the chiles, garlic, sun-dried tomatoes, tequila, lime juice, oregano and cinnamon in a food processor. Pulse to finely chop. Add the butter and honey and continue blending to make a smooth mixture. Season to taste with salt and refrigerate until ready to serve. The butter can be made up to one week in advance and refrigerated.)
 NOTE: This makes a LOT of butter, but it can be frozen in air-tight container.
5. For the Onions: Heat the oil in large skillet over medium-high heat, add the onions and cook, stirring often, until they begin to soften, about 10

minutes. Stir in the ancho chile powder and cumin and sauté until spices are aromatic, about 5 minutes. Remove pan from heat and add tequila and lime juice. Return pan to heat and very carefully light the tequila with a long match. Gently shake the pan until the flames subside. Reduce the heat to medium-low and continue cooking, stirring occasionally, until very tender, about 20 minutes longer. Season to taste with salt and keep warm over low heat.

6. Preheat outdoor grill. Season steaks with salt and pepper. When the grill is heated, lightly brush grill rack with oil and grill steaks 3 to 5 minutes per side for medium-rare, or longer to suit taste.

7. To serve, top each of the hot steaks with a heaping tablespoon of butter and spoon onions alongside.

NOTE: This is FABULOUS! Be sure to make butter and onions ahead, as much as 2 days is fine.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~

"MsTified (Kate)

05/2001: 148/126 (reached goal)

Back Again: 136/130/126

Edited by - MsTified on 4/7/2008 9:15:56 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **London Broil w/ Teriyaki Srirachi Sauce**

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Author	Posting
IWedRich	Posted - 17 September 2006 14:19  

I developed this Thursday night to eat with DebB's Faux Fried Rice. And let me just say YUMM-EE!!

1 London Broil
 1 bunch fresh Asparagus
 1 recipe of Teriyaki Sriracha Sauce (below)

Cut London Broil in half long ways so you have 2 long strips to work with. Slice beef into very thin pieces, cutting at an angle.

Cut Asparagus into 1 1/2 inch pieces. Toss into bowl with 1/2 of the sauce and marinade for an hour.

In a hot skillet or wok place about 2T peanut oil. Quickly fry the beef and asparagus. Use tongs to keep the meat moving in the wok.

Pour out onto a plate and top with remaining sauce.

TERIYAKI SRIRACHA MARINADE AND SAUCE

1 c. granular (pourable) Splenda
 1 c. sugar free breakfast syrup
 2/3 c. soy sauce
 2 T. Sriracha Hot Chili Sauce (Asian section of market)
 2 t. sesame seeds (toasted)
 4 t. red wine vinegar
 1 T. minced garlic

Mix all together.

Serve the London Broil with DebB's Faux Fried Rice.

DELICIOUS!!

PS: My picky 12 yr old said the rice was awesome - she didn't even know it was cauliflower!!

Lovin' Jesus and Lovin' Life!

Edited by - IWedRich on 9/17/2006 2:33:10 PM

Edited by - IWedRich on 9/17/2006 2:34:38 PM

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Author	Posting
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JulieJafar Posted - 20 April 2008 12:12  **Fajita Stir Fry**

Julie Jafar

2.29 lb Sirloin Beef Steak

2 Medium onions sliced

2 Bell Peppers Sliced (one orange and one yellow—but any color will work)

Can of Extra Hot Rotel

SUZANNE South West Salt Rub

SUZANNE Carne Asada Rub

Olive Oil

I'm always trying to think of ways to use the SUZANNE products and tonight I pulled out a frozen steak and though Fajitas. I started by rubbing the steak with olive oil then coating one side with South West Rub and then heavy with the Crane Asada Rub. I let this rest for a couple hours then sliced up the onions and peppers. I started cooking the onions in olive oil and then began slicing up the steak into strips. I added more Carne Asada Rub over the meat. Once the onions began to caramelize I added the meat and let it cook for about a minute then added the Rotel and after another minute the peppers. Cooked the meat until it was done to my liking and it was ready to eat.

The end result is a bit soup so if you want you could drain the Rotel before you add it or just skip it all together. I wanted my dish hot so I thought the Rotel would be nice but an alternative is jalapeno peppers and a free tomato.

Serve as Fajitas (use a slotted spoon) or over brown rice. I had mine mixed with Tofu Shirataki Spaghetti shaped noodles. Note the brown rice or tofu noodles make this Level 2 other wise enjoy with some cheese and sour cream for a great level 1 SSed meal. Maybe top some mixed salad greens for a wilted salad:)

I hope you enjoy as much as we did!

Julie

AR Julie

SSer since 1 Oct 2001

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Author	Posting
indyemmert1	Posted - 5 November 2005 7:42  

Here's Peter Neuman's recipe for Italian Style Chili. It's one of my favorite recipes! I got off this site when I first started SSing in 2003(!). I don't know who posted it then, but I'll include their comments. I'll put my comments at the end (like DebB!)

Peter's Italian Style Chili

2 lbs. ground beef
 1/2 tsp. ground oregano
 1/2 tsp. ground cumin (I omit)
 1/2 tsp. ground ginger
 1/2 tsp. ground coriander seed
 1/4 tsp. garlic powder
 1/2 tsp. ground thyme
 1 tbs. dried minced onion
 1 tbs. dried chives
 1 1/2 tsp. chili powder
 1/2 tsp. cayenne pepper
 1 1/2 tsp. dried oregano leaves
 1 tbs. basil leaves
 1 tsp. tobasco sauce (omit if you like it less spicy)
 1/2 tsp. white pepper (reduce it to 1/4 tsp. if you like it less spicy)
 1/2 tsp. salt
 1 1/2 large tomatoes, cut into large cubes (I use 1 or 2 cans Hunts diced tomatoes)
 1 large onion, finely chopped
 5 celery stalks, chopped (I omit and substitute 12-oz. pkg white mushrooms, sliced)
 3 tbs. olive oil
 dash of salt
 5 cups tomato sauce (use 4 cups if not using the cheese, as the cheese thickens it)
 1 med. green pepper, chopped into small pieces
 1 c. shr. mozzarella cheese
 1 c. shr. Cheddar cheese

Directions:

Cook beef in a large frying pan over medium heat until browned. Add all of the spices and mix well. Add the tomato, stir until combined and reduce heat to low. Keep on low heat while making the rest of the chili. In a large stockpot over medium heat, add olive oil. Wait one minute for the oil to heat up, and add the onions and celer (or mushrooms). Add the dash of salt. Let cook 15 minutes, until onions and celery (or mushrooms) are weepy and the onions become slightly translucent. Stir every few minutes to ensure nothing burns onto the bottom of the pot. Add green pepper and cook an additional 5 minutes, making sure not to

burn anything. Add the meat mixture to the stockpot and stir to combine. Stir in the tomato sauce and heat until almost boiling, about 5-7 minutes. Add the cheese (optional) and stir until cheese is melted and fully incorporated into the chili. Serve hot.

My comments: I omit the cumin, tobasco, and chives. I also use the canned tomatoes, and I skip the whole onions, celery and green pepper step. Basically, I brown the meat, add the spices, tomatoes, tomato sauce, and cheese. The whole thing takes about 30 minutes start to finish. It's a great weeknight recipe, and it's also great for a party (such as Super Bowl). I make a double batch and keep it warm in the crockpot. Everyone loves it and asks for the recipe!

Phil. 4:13

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Flat Iron Steak Recipe Continued**

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Author	Posting
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MsTified Posted - 7 April 2008 9:19  

Poster Deleted - added to original Flat Iron Steak Recipe

Edited by - MsTified on 4/29/2008 8:24:27 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **St. Patrick's Day Shepherd's Pie**

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Author	Posting
mizztucker	Posted - 10 March 2008 7:39  

Hey all! I always make shepherd's pie for our family using the pureed cauliflower on top instead of potatoes, but last night I did a little experiment. I used 1 bag of frozen cauliflower and 1 bag of frozen broccoli florets. Steamed and pureed. It was greeeeeeen and i didn't think my DSD would eat it but she did and loved it!!! I thought it would be a fun dish to make for our upcoming holiday.

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Author	Posting
gridmama	Posted - 19 March 2004 18:25  

Its a little work, but a yummy casserole

2 lbs ground meat
 1 yellow onion, sliced to carmelize
 4 ribs celery chopped large
 2 cups green beans
 2 cloves garlic minced
 2 TBL worsterchire sauce
 1 teas. liquid smoke
 1/2 cup sour cream
 1 can beef stock
 1 cup cream
 salt and pepper to taste

3 bags cauliflower
 4 tbsl butter
 1/2 cup sour cream
 couple teas beef stock if necessary

Add oil to a large fry pan, on medium heat, add onions, stir occasionally till they begin to brown, (10 minutes?) add celery, green beans and garlic, saute 3 minutes, remove from pan and drain oil out. Add ground meat, brown, remove and drain. Add both back to pan, add 1 can beef stock, worsterchire sauce, liquid smoke, salt and pepper. Reduce 10 minutes, add cream and sour cream, stir well, reduce 10 minutes more.

Steam all the cauliflower, puree to mashed potato consistancy. with butter and sour cream.

Put meat mixture in the bottom of a 9 x 13 baking dish, cover with mashed cauliflower, dot the top with butter, bake in 400 degree oven for 25-30 minutes, till top starts to brown. let sit 5 minutes, and enjoy.

Barb

Our greatest glory exists not in never falling, But in rising every time we fall.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **chili by Ruth**

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Author	Posting
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glassart Posted - 3 March 2008 11:18  

6 pounds hamburger, browned and drained.
2 to 4 cups chopped onions. (or about 1 cup dried minced)
2 to 4 Tbsp (jar garlic)
2 Tbsp olive oil
1 or 2 can diced tomatoes
1 or 2 cans tomato paste
4 cups beef broth
4 TBSP chili powder
3 tsp salt
2 1/2 cumin powder
2TBSP oregano leaves
1 tsp pepper
1/8 to 1/4 tsp cayenne powder
1 can drained bamboo shoots (I slightly chop them)
1 bunch celery. sliced 1/4" thick or less
2 or 3 cans sliced water chestnuts

Once hamburger is browned and drained. I put it everything in the crock pot on low for the day. So I may not always use the 4 cups of beef broth, I just fill the crock with it. Freezes wonderful

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Bell Peppers**

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Author	Posting
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RobinsReducing Posted - 11 February 2008 8:43  

This is a great stuffed bell peppers recipe that my mother and I love. It is even better then when we used to make it with rice.

Ingredients:

Bell Peppers
Ground Beef
1 Can of Diced Tomatoes
1 Head of Cauliflower- chopped fine like faux rice

Wash bell peppers. Slice the top off of the bell peppers and set aside. Remove the seeds and membranes being careful not to tear the bell peppers. (You will be stuffing it later.) Boil the bell peppers until tender, drain, and remove.

For filling:

Saute the beef and add the cauliflower and tomatoes. Cook until the cauliflower is not too tough but still has a little texture left. Fill the bell peppers and enjoy.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Italian Hamburgers Recipe?**

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Author	Posting
beacher39	Posted - 31 January 2008 11:50  

I got a recipe off here for Italian Hamburgers a million years ago (the best hamburger I ever had), does anyone have this?

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Author	Posting
swtred16	Posted - 11 February 2007 15:45  

Hey gang,

I just made the best meatballs I have ever tasted and my fiance agrees!!!

This is a ruff estimate as I have been cooking for many years and I don't really measure except when I'm baking desserts.

2lbs of x-lean hamburger
 2 tsp of the Memphis salt rub
 1 large egg
 1/2 cup of grated parmesan cheese.
 fresh cracked pepper to taste
 1/2 bottle of the SS chipotle BBQ sauce

Mix all the ingredients together, except the BBQ sauce. Shape into balls (mine where the size of golfballs).

Brown mballs and remove to a sheet pan lined with brown paper bags or paper towels. In a wide bottom pan or pot pour in the BBQ sauce (heat is med-high) add the mballs and stir to coat. Cover and reduce heat to med-low and cook for about 10-15 minutes.

I sprinkled a little extra parm. chz over the top of my mball.

I will definitely make these again!!!!

Anita

196/191.5/140

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Author	Posting
erjen_lower	Posted - 12 November 2006 18:32  

I came up with this recipe by combining 2 recipes; one from emerickfamily and one from September. I hope you like it.

Yummy Beef Stew

2 Tbsp. bacon fat
 1 1/2 lb. stewing beef
 1 celery heart
 6-7 turnips, cut in chunks
 black pepper, to taste
 salt, to taste
 2 cans of beef broth
 2 can of mushrooms, drained
 3-4 bay leaves
 garlic, to taste
 3 T heavy cream

In a large pot, braise the stew meat and the celery in the 2 T. bacon fat. When the meat is browned all over, salt and pepper to taste. Add 3-4 bay leaves to the pot and also add the turnips. I threw in garlic at this point as well. Sautee a minute or two and then pour both cans of beef broth over the meat and veggies. Bring broth to a boil. Cover, reduce heat to a simmer and cook for 1 hour, or until meat is tender. Add the 2 cans of mushrooms and the 3 T of cream. Stir and cook to heat mushrooms. At this point, I fished out the bay leaves and then strained the meat and veg out onto a plate. I then reduced the sauce over med-high heat until it was nice and thick. Mash a couple of the turnips help thicken it too. Then pour the meat/veg back in and stir to coat with the now thickened sauce. YUMMO!

Jenn

Gastric bypass 10/24/05
 265/140.6/145(normal BMI)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Anyone got a SS'd Roast Beef and Yorkshire Puddi**

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Author	Posting
HunnyBunny	Posted - 21 December 2007 9:41  

I used to make roast beef and yorkshire pudding - it's a great old English dish. I wondered if anyone has somersized this. If not, I'm definitely going to give it a shot!

HunnyBunny
215/194/Goal 140
www.vibeforme.com/295322

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Author	Posting
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CANMOM Posted - 18 September 2003 8:1  

I just had to post this for anyone who hasn't seen it (or tried it) from the old boards. My family loves this one. (In fact, I just made it last night and am having leftovers for lunch today.)

I got it from Deb B., but the original poster was Kimi. Deb B.'s notes are attached:

Mexican Casserole ~ kimi (Like Bisquik's Impossible Taco Pie)

- Preheat oven to 350 degrees

2 cups Mexican cheese blend

4 oz cream cheese

3 eggs

1/3 cup cream

1/4 cup parmesan cheese

1 small can diced green chilies

1 tsp chili powder

1 1/2 lb. ground beef and onion to taste, browned in 4 tsp taco seasoning (I use a recipe found on this site)

Beat together cream cheese and eggs until smooth. Stir in cream, parmesan cheese, green chilies and spices.

Spray 9 x 13 pan with PAM. Sprinkle 2 cups Mexican cheese blend into dish. Spread ground beef over cheese mixture and pour egg mixture over it. Bake for 35 minutes. Let stand for 5 minutes.

I serve this with sliced tomato, salsa and sour cream. I sometimes add shredded lettuce.

kimi @ SS site

Deb's notes: I put meat mixture in the pie plate. I then sprinkle on 1 cup of shredded cheese. I mix the other 1 cup of shredded cheese with the batter, and then pour the batter over the meat and cheese mixture. I serve this with Pace Picante Sauce and sour cream.

CANMOM
(formerly Mary Lou T.)

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Author	Posting
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stilljoyful Posted - 13 December 2007 15:3  

We made this tonight and it rated 2 thumbs up from the family:

Bottom layer:

- 1lb hamburger (browned)
- 2 8oz cans tomato sauce
- 2 pckgs splenda
- 1 onion (cooked w/burger)
- 1 15oz can cut green beans (drained)

Top layer:

- 2 bags frozen cauliflower (cooked well)
- 2 oz cream cheese
- 1/4 cup cream
- 2 T parmesan cheese

process in blender until,smooth. Spoon over bottom layer in casserole dish.
Bake at 350 until lightly browned and bubbly.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **THE BEST NOODLELESS LASAGNE**

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Author	Posting
LilLooLoo	Posted - 10 April 2005 10:43  

This is so good! Even non SSers will love it.

1 lb. ground beef
 1/2 cup chopped onion
 garlic salt to taste
 salt & pepper to taste
 1 cup s/f spaghetti sauce
 1 can (4 oz) sliced mushrooms
 1 cup ricotta cheese
 1 egg, beaten
 1 & 1/2 cups shredded mozzarella cheese
 1/2 TBS. Italian seasoning
 20 -25 slices pepperoni

Preheat oven to 350

In small amount of olive oil saute onions until translucent. Add the ground beef (I used ground round)and brown, Drain off the oil.

Add salt, pepper and garlic to taste. Add the spaghetti sauce and mushrooms and simmer 10 - 15 minutes.

In a small bowl mix the ricotta, beaten egg, 1/4 cup mozzarella and Italian seasoning. Beat well with a fork.

Grease an 8 x 8 inch glass baking dish with nonstick cooking spray. Spread the beef mixture in the botto of the dish. Spread the ricotta mixutre on top of beef mixture. Lay half the pepperoni slices on top of the ricotta mixture. Put remaining 1 cup of shredded mozzarella over the pepperoni slices, and lay the remaining pepperoni on top of the cheese. Bake until bubbly or about 20 or 25 minutes.

Serves 4 easily. This is hard not to have 2nd and 3rd helpings...sooo yummy!

Note: I used sugar free marinara sauce. I also put extra shredded mozzarella cheese over the last layer of pepperoni slices. Then I sprinkled liberally with grated parmesan cheese. I used the small sliced pepperoni, but I don't see why large couldn't be used. I did make it again and doubled all the ingredients and put in a 13 x 9 glass dish to serve 8.

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Author	Posting
erjen_lower	Posted - 21 January 2007 11:32  

This is a dump it in, fly-by-the-seat-of-your-pants recipe. Oh it is soooo good.

"Rice" Mess

1 pound hamburger
 garlic, minced
 2 cans sliced mushrooms, drained
 4 cups riced or shredded cauliflower
 salt
 pepper
 butter
 water
 3 small cans tomato sauce
 cheddar cheese

I make this in an electric skillet. Use a big pan. Brown hamburger in pan. Add some garlic. I use probably a tablespoon of the pre-minced stuff. Add the 2 cans of mushrooms.

While this is cooking, place the cauliflower in a microwave safe bowl. Add a bit of water, salt and pepper and a plop of butter. Cook, covered loosely for 6-7 minutes.

When the cauliflower is done, add it to the cooked hamburger mixture. Add in the tomato sauce one can at a time, mixing well. Test taste for seasonings and adjust as needed. Shred some cheddar cheese into it and mix that in. Shred some more cheese on the top. Allow the cheese to melt and serve. YUMM-O!

You can play with this and add seasonings. I have thought of adding taco sauce. Or mozzarella cheese and italian seasonings. It is just so good the way it is that i have never bothered messing with it.

Jenn

Gastric bypass 10/24/05
 265/139.8/145(normal BMI)
 Somersize 01/08/07
 144.2/139.8/125-130

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grid's Pot Roast!!**

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Author	Posting
gridmama	Posted - 25 September 2003 8:37  

1 onion cubed
3 stalks celery, cubed
1 red bell pepper, cubed
1 pot roast, or tritip or london broil.
2 cups beef stock
1 can tomato puree
1/2 cup red wine
brown roast in olive oil in double boiler, remove. Saute onions until translucent, add celery and bell pepper, and saute 3 minutes add wine and reduce by half, add beef stock and tomato puree, warm through. Return roast to pot, place in oven at 400 for 1 hour 15 minutes, then remove lid, and cook an additional 25 minutes.

Barb

Our greatest glory exists not in never falling, But in rising every time we fall.

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[search](#)Click [here](#) to show the most recent reply first.[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Cabbage Un-Rolls**[Send Topic To a Friend](#)

Author	Posting
wired_foxterror	Posted - 24 November 2007 5:31  

Cabbage Un-Rolls

4 cups shredded cabbage
 1 1/2 pounds ground beef
 1/4 cup finely chopped onion
 1 teaspoon salt
 1/2 teaspoon pepper
 1/2 teaspoon paprika
 1/8 teaspoon garlic salt
 1 8 oz jar sauerkraut, drained
 1 8 oz can tomato sauce
 1 cup sour cream

Cook ground beef and onions together in a frypan/skillet on medium heat until ground beef is browned. Drain grease and set aside.

Spread the shredded cabbage in a layer in bottom of casserole dish. Layer ground beef & onion mixture on top of cabbage. Sprinkle the salt, pepper, paprika and garlic on top of the meat layer. Add the sauerkraut in a layer and then spread the tomato sauce over the top.

Bake at 300 degrees for 1 1/2 hours. Remove from oven, spread the sour cream over the top. Raise oven temperature to 400 and put the casserole dish to the oven. Cook for another 10 minutes and serve.

Enjoy!

Foxye
 Somersizing since 01/03
 230/165/165

Visit my blog at www.wiredfoxterror.blogspot.com

A smile is a curve that sets everything straight.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **5 hour stew**

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Author	Posting
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mcmemom Posted - 27 November 2007 16:46  

This recipe is super easy, almost embarrassing to post...it was always our favorite growing up, and lucky me, I just realized it was just about somersized already!!

5 Hour Stew

2 pds beef stew meat
3-4 stalks celery rough chopped
3 carrots rough chopped (I use more)
1 large onion chopped
1 cup tomato juice
seasoning (we use salt, pepper and a good seasoned salt.)

Put beef in a 13x9 pan, sprinkle onions on top. Add seasoning. Add carrots & celery. Pour tomato juice over. Cover tightly with foil and put in a 250 degree oven for 5 hours. That's it. The meat is so tender. Sometimes we add water chestnuts for crunch.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Hamburger Helper Knock Off**

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Author	Posting
marie172	Posted - 19 April 2006 10:25  

At least, that is what it was called. I've only ever had HH once in my life and hated it, so I don't know if it is a good name for it or not! I have no idea where I got this recipe from, but I love it. Below is the original recipe. I will add my own notes afterward.

Hamburger Helper Knock Off

Ingredients:

- 4-6 slices of american cheese
- 1 1/2 cups of heavy cream
- 4 oz of cream cheese
- 4 oz of canned mushrooms
- 1 lb of ground beef
- 8 or more slices of sugar free bacon

In a sauce pan, mix heavy cream, cream cheese, american cheese, and mushrooms and cook on low to medium heat. In seperate pan, brown ground beef, drain, and set aside. Fry bacon, set aside. In your bowl (the one your eating out of) put ground beef in and pour cheese mixture over it. Add bacon pieces and garnish with shredded cheese if you like.

My notes: I cut the cream cheese in half one time because I didn't have enough. it didn't seem to matter. I guess that means you don't need to worry about exact amounts!

I use more hamburger than it calls for. This is good over mashed cauliflower. Or other veggies. I sometimes add onions.

I fry the hamburger, bacon and mushrooms (and onions) first, then add the other ingredients straight into the pan.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Goulash- Budget**

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Author	Posting
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[pollypurebred39](#) Posted - 2 November 2007 20:39  

I always mix my meats for Goulash. If you do this it makes for a budget meal

4 lbs meat- beef, boneless chicken thighs and pork , cubed. any of these are good, I like to use all 3 at once.

If you purchase the meat whole and cut it yourself you save a lot of money.

3 onions, wedged
1 large can diced tomatoes
1 1/2 tbs. paprika
1 cup water

Mix the above in a large roating pan. Bake uncovered at 300' for around 3 hrs. stirring often. It will juice up, but as it cooks the liquids will reduce and get thick.

One note:

Do not use lean meats. This dish requires a long cooking time and it will dry out lean cuts of meat.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Quick & Easy Yummy Taco pockets!**

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Author	Posting
Sapphire1	Posted - 24 March 2004 19:45  

Hi All!!

My hubby keeps asking for these, so thought I would post them for you too! They are really easy and you can make Chili pockets as well!

What I do is make and have all the following ingredients and set them aside to have them ready to go. You will need to work kind of quickly, but you can put these back into the microwave to make them pliable again during the process for making the pockets! I use a spatula and tongs to help me form the pockets! Very easy!

Make ahead and have ready, >

The Somersize taco meat according to the package. ((We like to add jalapino peppers and onions to ours! but you can add what ever you like if you wish.))

The Somersize onion dip.

Thin shredded cabbage.

When I have all that ready to go, what I do is take 2 slices of provolone cheese one on top the other. (We get ours already sliced!) I place them on a buttered microwave safe stoneware dish, sprinkle on some dill weed and some onion dash and fresh black peper and microwave the cheese until it is golden. Note> ((The first one I microwave takes 195 seconds in my microwave and all the others after that only take about 175 to 180 seconds. You just want an even color all over! Make and fill these taco pockets one at a time, as the cheese will harden rather fast if you don't work fast enough.))

After you microwave the cheese, take it off the plate onto another plate lined with first paper towel then wax paper. Take the cheese and spread on it, some of the onion dip, and on one half quickly put about 2 or 3 tablespoons of the taco meat and some of the shreeded cabbage. Now quickly fold over to form a taco and pinch the edges together rolling them up just so they catch together to form a pocket! If the cheese hardens to fast don't panic! Just pop it back into the microwave for about 8 seconds till it is pliable again. Let sit on paper towels to dry. Thats it!

I make a bunch of these and sometimes freeze them. Then we pull them out and reheat in the microwave about 15 seconds or so. They are great for any time! Breakfast! Lunch! Dinner! and for snacking! Enjoy!

Gods best blessings to you!<><

It is God who arms us with strength and makes our ways perfect! Psalms 18:32<><

Edited by - Sapphire1 on 3/28/2004 5:52:20 PM

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Author	Posting
babyblue113655	Posted - 11 October 2007 9:58  

Hi everyone. Well I was in the mood for lasagna the other day. Because I am in level one I replace the pasta with eggplant. I want to share it all with you bc it came out awesome. You can put as much as you want, but I made enough for two days for me.

One egg plant

Ricotta cheese 8oz

crush tomatoes 28 oz

Ground beef two to three pounds

mozzarella cheese as much as you want. :)

garlic, onions and cilantro.

Cut egg plant into circles pieces. Put butter in the pan and grill until it start to get soft but not to soft. Prepare the ground meat with what ever spices you want. Add crushed tomatoes, onions, garlic and cilantro. I love cilantro. cook for like 40 minutes on medium high.

Then put a little bit of the sauce in the bottom of the lasagna pan, put some round eggplants on top. Then add ricotta cheese, the ground meat sauce and mozzarella cheese. Keep doing this until couples of layers and bake for 20 minutes or so. I hope you like it and enjoy!

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Author	Posting
rockswife	Posted - 23 October 2007 8:55  

OK, I was experimenting and had to get rid of two pounds of ground beef. I decided to make this since I didn't have all of the ingredients to make chili.

Olive oil

2 lbs ground beef

2 packages SS Roasted Pepper Dip Mix

About 1/2 c water

Shredded cheddar cheese - 2 to 2 1/2 cups, or use your favorite cheese

Heat a little bit of olive oil in a large skillet over medium to medium-high heat. Add the ground beef and saute until brown. Drain. Sprinkle two packets of the dip mix over the ground beef. Add about 1/2 cup of water and stir mixture until well combined. Slightly lower the heat, cover, and leave for 5-8 minutes. The water will rehydrate the vegetables, so you shouldn't have any water left standing in the bottom of the pan. Stir. Add about - I don't know - 2 to 2 1/2 cups shredded cheddar cheese. I just shredded a bunch of it and threw it in, and estimate it was about 2 to 2 1/2 cups. Remove from heat, stir, and cover. Let sit for about 5 minutes until the cheese is melted or slightly melted. Stir again and serve. I put sour cream on mine.

I thought about sauteing some chopped onions and garlic before adding the beef, but after reading the ingredients of the dip mix, you really don't need it!

Enjoy!

RockswifeNoMo

Debbie D. of Atlanta

Now in Denmark!

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Author	Posting
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misslisa Posted - 21 July 2004 11:21  

I can't remember where I saw them, but could someone please help me find them?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **flank steak???**

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Author	Posting
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Nutmeg Posted - 8 October 2007 6:54  

Hi All!! I went to Sams Club the other day and mistakenly bought two flank steaks which were rolled up instead of the slow roasts I wanted and now I'm wondering what the heck to I do with a flank steak???. I know that sound silly, but I've never made one before and I don't know anything about them. Does anyone have a fabulous recipe using flank steak?? Thanks in advance!
:D

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot Beef**

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Author	Posting
beebee1	Posted - 1 October 2007 12:57  

I just have to say, I have read in posts that you can put a completely frozen beef roast in a crock pot & it will cook up juicy & tender but I was always skeptical. Well, I put a 4 lb chuck roast in the crock pot with 2 c. water & put it on high. When the water was bubbling, I turned down to low & left the house for 4 hours. I got home to a great smell of roast beef & it was falling apart tender. Very good.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ground Beef and Cabbage**

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Author	Posting
DebB	Posted - 18 September 2003 19:11  

This is good! *Ü*

GROUND BEEF AND CABBAGE

In a large skillet brown 1 lb lean ground beef and 1 lb hot sausage (I use Jimmy Dean hot breakfast sausage - Winco) and a chopped onion. Drain meat. Add 1 medium-large head of cabbage coarsely chopped. Add minced garlic, caraway seeds, red pepper flakes, pepper and salt to taste. Also add 1 can of beef broth (I use Swanson's, it's the closest to legal I can find). The caraway seeds really do a lot for this recipe. Add a large (28oz) can of tomatoes (I use crushed tomatoes). Stir together, cover and simmer until the cabbage is tender and the flavors are blended. At this point, you can add a big fistful of freshly grated Parmesan if you'd like (I don't usually add the parmesan). After you dish it up into bowls, add a big dollop of sour cream.

This recipe is easy to cut in half if you want to make less, but it reheats well in the microwave for a nice hot lunch. Tastes better the second day! .

lulucrab @ Protein Power site

Started Somersizing 3-01
270/175/165
sdbruce@amerion.com

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Author	Posting
FrozH2O	Posted - 13 November 2006 10:3  

I was craving this soup. I used to make it with corn, carrots, peas and potatoes and my mind just wasn't having it taste good with out them. Finally I decided to just omit the above and it turned out really good IMO. Hope you like it.

One more thing. It makes a HUGE Pot. There are 4-5 adults that live in the house and we eat on this for about 2-3 days. Since this is really just a dump recipe I am sure that it could be cut down very easily. I think it might freeze fairly well but there is never anything left after a couple of days to save.

Hamburger Soup

2-3 pounds of hamburger
 4-5 celery stalks, cut into bite size chunks
 1 large or 2 med. onions, cut into bite size pieces.
 2 cans green beans (cut- not french style) drained or 1 large bags frozen green beans
 2 cans diced tomatoes
 1 can beef broth (2 cups)
 2 large cans tomato sauce
 salt, to taste

In a large stock pot brown hamburger and drain. Add all the remaining ingredients and simmer for 30 min or until celery and onions are tender. Stir occasionally.

Notes: Can serve with shredded cheese if you like. Diced turnips might be good to add in place of potatoes. I don't add salt because I have over salters in my house I just allow them to salt as needed. It needs salt.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **FREEZE WELL: Italian Stuffed Meatloaf**

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Author	Posting
Liz01219	Posted - 27 August 2007 14:38  

This looked interesting!
 Recipe calls for "tomato juice". I don't know for sure if that's legal, so I'm going to sub tomato sauce when I make this.

2 lbs. ground sirloin
 1 large egg white
 1 cup tomato sauce (SEE ABOVE)
 salt and pepper to taste
 1 tsp. minced garlic
 1 tsp. dried oregano leaves
 1 onion, chopped
 4 oz. sliced mozzarella or provolone cheese
 1/2 cup frozen spinach, cooked according to directions and squeezed dry.
 1/2 cup jarred, roasted red peppers, drained and well chopped.

Preheat oven to 350
 In large bowl, combine the sirloin, egg white, tomato sauce, salt and pepper, garlic and oregano.
 In small non stick skillet coated with non stick cooking spray, saute onion until tender. Add the cooked onion to the meat mixture, mixing well. Put HALF the meat mixture into a non stick 9x5x3 inch loaf pan coated with non stick cooking spray, layer with mozzarella cheese, spinach, and red peppers and cover with remaining meat mixture. Bake meatloaf for one hour or until meat is done.

TO PREPARE TO EAT NOW
 Eat when ready

TO FREEZE:
 Cool to room temp., then wrap, label, and freeze
 Recommended freezing time: up to 2 to 3 months.

TO PREPARE AFTER FREEZING:
 Defrost
 Preheat the oven to 350. Bake for 20 to 30 minutes or until thoroughly heated. alternately, you can reheat meatloaf slices in the microwave

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Author	Posting
Honeybee76	Posted - 8 September 2007 18:53  

This is totally legal and beyond yummy! We wrap it in Romaine leaves. Enjoy!

1 lb flank steaks or beef brisket, well trimmed and cut into 2-inch squares
 1 garlic clove, peeled and quartered
 2 bay leaves
 1/4 teaspoon dried marjoram
 1/4 teaspoon dried thyme
 1 small red onion, diced (divided use)
 salt
 4 large radishes, julienned
 1-2 fresh habanero pepper, stemmed, seeded and finely chopped (we use poblanos instead to cut the heat)
 1 small tomato, cut into 1/4 -inch pieces
 2 tablespoons chopped fresh cilantro
 6 tablespoons lime juice
 6 leaves romaine lettuce

The Meat: bring 3 cups water to a boil in a medium saucepan, add the squares of meat and skim off any grayish foam that rises to the top during the first few minutes of boiling. Add the garlic, bay leaves, herbs, a generous 1/2 teaspoon salt and half of the onion. Simmer over medium to medium-low heat for an hour or so, until the meat is tender. If there is time, let cool in the broth. Drain and discard all but the meat; then shred the meat into thin strands.

The dzik. Combine the cooked meat, the remaining half of the onion, the radishes, chile, tomato and cilantro, and toss with the lime juice and generous 1 teaspoon salt. Scoop the dzik into your lettuce wrap and enjoy!

Missy

Somersizing since June 26, 2007

Down 27 pounds!!!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Teriyaki Finger Steaks**

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Author	Posting
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WEESERS Posted - 10 May 2004 21:44  

My mom has always made these and they are easy and good. Not too difficult to adjust this recipe either.

Teriyaki Finger Steaks

2 lb boneless sirloin
1/2 c soy sauce
1/4 c vinegar
2 Tbsp brown sugar (Substitute here as you wish)
2 Tbsp minced onion
1 Tbsp vegetable oil
1 garlic clove minced
1/2 tsp ground ginger
1/8 tsp pepper

Trim fat off of the sirloin and slice lengthwise into 1/2" strips. Place in a bowl. Combine all remaining ingredients. Pour over meat and toss. Cover and refrigerate 2 - 3 hours. Loosely thread meat strips onto skewers. Grill over medium hot coals, turning often. About 6 servings.

I used olive oil for the oil. I put everything into a ziploc bag. To me 2-3 hours in too long to let it marinate. It comes out really strong. I prefer 30 min to an hour. Try it for yourself and adjust as necessary.

Edited by - ForumModerator on 2/28/2005 4:55:06 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Blue Cheese Burgers**

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Author	Posting
ncpharmgirl	Posted - 4 September 2007 15:48  

Enjoy these!

- 1-1/2 pounds lean ground beef
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 3-ounce package cream cheese, softened
- 3 tablespoons crumbled blue cheese
- 1 tablespoon Dijon mustard

Combine the ground beef, Worcestershire sauce, garlic salt and pepper, mixing well. Shape mixture into 8 patties about 6 inches in diameter. Mix the cream cheese, blue cheese and mustard until smooth. Divide the mixture among 4 of the beef patties, spreading to within 1/2 inch of the edge. Top with a remaining patty, sealing edges firmly. Grill patties about 4 inches from coals or heating element, turning once, 5 to 7 minutes on each side for medium. Makes 4 servings.

Pharm

"Be a first rate version of yourself, not a second rate version of someone else."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Coney Sauce - REVISITED!**

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Author	Posting
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TinaS	Posted - 19 September 2003 16:15   
-------	--

hey all - I had posted this last year sometime and luckily I found it saved on a backed up copy of the recipes. It had been modified slightly in the year since I posted it - but I put the original version below). It's a great coney sauce :-) Enjoy !!! (I use ground venison usually) Tina Schuster

Coney Dogs

This dish tastes much better the next day and can be doubled (it thickens nicely). Use as lean a beef as you can.

- 1 lb LEAN ground beef
- 1 large green pepper, chopped
- 4 tsp of chili powder (or use 2 for a milder sauce)
- 2 tsp cumin powder
- 2 tsp oregano
- 1/2 tsp crushed red peppers
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 15oz cans tomato sauce
- 1 large onion chopped
- 3 packets of splenda (don't use granular!) - or sweetener equivalent to 6 teaspoons of sugar

Brown ground beef, peppers, and onions together. Drain off excess fat. Add all other ingredients. Mix well and simmer for about 20 minutes. Top legal hot dogs with cheese, chili sauce, onions, relish, etc.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **FREEZE WELL: Make Ahead Meat Patties**

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Author	Posting
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Liz01219 Posted - 27 August 2007 14:42  

by adding salsa to ground meat, these patties are moist and well seasoned, perfect to put out as needed.

1 lb. ground sirloin
1/2 cup salsa
salt and pepper to taste

TO FREEZE:
Cool to room temp, then wrap, label and freeze for 2 to 3 months.

TO PREPARE AFTER FREEZING:
Defrost and cook on grill or non stick skillet over medium heat until done.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Gyros Recipes**

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Author	Posting
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jillybe Posted - 5 January 2005 11:25  

Does anyone have any good SS gyros recipes? I could sure go for some of that, but SS of course.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **stuffed peppers**

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Author	Posting
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realtornancy Posted - 2 July 2007 17:45  

does anyone have a good legal level 1 stuffed peppers recipe?

159.5/154.5/135.0

week 1 down 5lbs

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Author	Posting
DebB	Posted - 13 May 2004 22:54  

I made these tonight and they were delicious! I found the recipe on the Protein Power website. I've added some tweaks in {...} and my notes are at the end. I never made stuffed peppers a lot, because I don't care for green peppers. But they were SO good with the sweet peppers. My husband asked me to add this recipe to our "favorites". It's a little "messy" to make these, but very easy.

Stuffed Pepper Boats

1 pound of beef chuck ground beef
 Half of a small onion (diced)
 2 large green peppers {use 4-5 peppers}
 6 mushrooms chopped (more or less if you like) {sub. 1/2 head diced fresh cauliflower}
 1 clove of garlic (diced into bits)
 1 tbsp. canola oil {olive oil}
 hot sauce
 4 oz. mozzarella cheese
 canned tomato sauce {14oz can}
 parmesan cheese
 and seasonings (below is a list of seasonings I used) I recommend all of them.

salt to taste
 1 Tbsp. garlic powder
 1/2 tsp. cumin powder
 1/4 chili powder
 2 dashes of oregano
 2 dashes of basil
 1 dash of black pepper

Season meat with all dry seasonings and mix well. Add a tablespoon of canola oil to frying pan and brown meat a bit. Add 1/2 cup of water so meat can break apart. Add garlic, onion and mushrooms. Simmer for about 10 minutes so flavors blend well. Preheat oven to 350. Add a few dashes of hot sauce to mixture for an extra kick or just leave out, its up to you. I couldn't even notice it in the final product. Turn off heat and prepare the green peppers by cutting them in half and removing the stem and seeds from the inside. When done they will look like a boat. Sprinkle the inside of pepper with parmesan cheese, add some beef mixture, approx 2 tbsp. and layer 2 oz. of mozzarella in the middle. Top with more meat mixture until you cant see the cheese. Do not overfill because it will overflow. Drizzle the top with canned tomato sauce and sprinkle more parmesan cheese.

Continued on next post...

Started Somersizing 3-01

270/175/175
sdbruce@amerion.com

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Green Peppers**

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Author	Posting
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janland Posted - 14 August 2004 11:28  

Stuffed Peppers-somersized

2 lb. ground sirloin or ground round
2 c. riced cauliflower-not cooked
1/2c. chopped onions
2 eggs slightly beaten
2 t. salt
1/2 t. pepper
2 cans tomato paste

Mix well (I put rubber gloves on and mix with my hands) then stuff your peppers. Bake covered for about 1 hour on 350. Sometimes I will pour tomato sauce on top to keep them moist and add some flavor.

Hope you like them.

You can also make cabbage rolls with this same recipe.

janland@comcast.net
Janice

janland@comcast.net
Janice

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Author	Posting
artgirl67	Posted - 23 January 2005 12:35  

I got this recipe off of the Food Network and changed it a bit to my liking... and my DH and I thought it was the best meatloaf we've ever had! My meatloaf usually comes out kinda dry, but not this one! :o) Hope you like it!

TOMATO TOPPING:

- 1 8oz. can tomato sauce
- 1 6oz. can tomato paste
- 1/4 cup Splenda
- 2 teaspoons white vinegar or water

(By the way, this is just a great recipe for legal ketchup as well!)

MEATLOAF:

- 2 lbs. ground beef
- 2 eggs
- 1/2 grated Parmesan
- About 1 cup crushed pork rinds
- 1/4 cup onion, diced small
- 2 tablespoons chopped fresh parsley leaves
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 - 1 cup cheddar cheese, shredded

Preheat oven to 350F. In a small bowl, mix together the tomato topping ingredients. Set aside. You may add a few drops of water to thin to a ketchup consistency.

In a large bowl, mix together the meat loaf ingredients. Include 2-3 tablespoons of the tomato topping to meat mixture. When thoroughly mixed, place half of the mixture in a 5x9-inch loaf pan, spreading it out evenly. Next add a layer of the grated cheese then top with the remaining meat mixture. Once again, spread out evenly in the pan. Spread a heavy coat of the tomato topping to completely cover the top of the meatloaf. You should have about 1/2-1 cup remaining for serving on top of your meatloaf slices. Place in oven and bake for about 1 hour and 15 minutes, or until the temperature on a meat thermometer registers 165F. Drain fat and let rest for at least 10 minutes before slicing.

~*~Wendy~*~

New Bride ~ New Somersizer - again!

Re-started Jan.3/05

262 / 254.5 / 125

"The journey of a thousand miles, begins with a single step."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Stuffed Meatloaf**

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Author	Posting
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rosalia Posted - 15 May 2007 7:52  

Stuffed Meatloaf

INGREDIENTS:

1 pound lean ground beef
1 pound lean ground pork
1 pound lean ground veal (or use 1 1/2 pounds each pork and beef)
2 beaten eggs
1/2 heavy cream
1/2 cup pork rind flour
1 Tbs. salt
1/2 Tsp. pepper

Stuffing:

2 1/2 cup DebBs bread, cut into squares
1/2 Tsp. thyme
1/8 Tsp. pepper
water, or cream to moisten

Brown 1 Tbsp. minced onion
1 cup chopped raw mushrooms, sauteed in butter, or use 1 can canned mushrooms

PREPARATION:

Combine ground meats, beaten eggs, cream, bread crumbs, 1 tablespoon salt, and 1/2 teaspoon pepper. Put half of the meat mixture in a greased baking dish.

Mix together the stuffing ingredients; spread over meat layer, then top with remainder of meat.

Bake at 350 about 1 1/2 to 2 hours.

ENJOY!!!

Edited by - rosalia on 5/15/2007 7:53:43 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Mock Potato Meatloaf**

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Author	Posting
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rosalia Posted - 15 May 2007 6:30  

MOCK Potato Meatloaf

Shredded orange pepper and turnips give this meatloaf additonal flavor and texture.

INGREDIENTS:

- 1 pound extra-lean ground beef
- 1/2 pound ground pork or ground chuck
- 1 cup diced onion
- 1 turnip, shredded
- 1 orange pepper, shredded
- 1/2 cup vegetable broth, or chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg
- 1 1/2 cups pork rind flour
- 1/3 cup sugar free ketchup
- 1/2 teaspoon italian herb seasoning

.

Topping:

- 1/4 cup sugar free ketchup

PREPARATION:

Heat oven to 350°.

Combine all ingredients until blended. Pack into a lightly greased meatloaf pan or loaf pan, or shape into a loaf and place in an 11x7-inch baking dish. Bake for 1 hour. Pour off excess grease, spread 1/4 cup ketchup over the top of the loaf, and bake for 20 to 30 minutes longer.

Serves 6 to 8.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **meatloaf or salisbury steak**

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Author	Posting
myboys	Posted - 28 March 2007 15:30  

hello ladies,
okay, does anyone have a really good recipe for meatloaf and/or salisbury steak??
wold really appreciate it!
thanks!!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef & Sour Cream Enchiladas with Crepes**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:40  

These are incredibly tasty!

Beef & Sour Cream Enchiladas with Crepes

Preheat Oven to 400°

1 Pro/Fat Crepe Recipe

1 Spicy Seasoned Ground Beef Recipe

2 T. Melted Butter

½ C. Sour Cream

1 C. Grated Cheese, Cheddar, Jack or a combination work great

½ C. Sour Cream

½ C. Salsa (make sure there is no sugar added)

Toppings: Grated Cheese

Diced Tomatoes

Shredded Lettuce

Smear a spoonful of sour cream in middle of crepe. Top with beef and grated cheese. Roll up and place on an ungreased cookie sheet. Lightly brush with butter so the tortillas do not dry out during baking. Bake briefly, just until cheese melts, about 10 minutes. Meanwhile combine ½ C. sour cream and salsa. When Enchiladas are done, carefully lift them onto plates, top with sour cream mixture, lettuce, tomatoes and more grated cheese.

Lovin' Jesus and Lovin' Life!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Slow-Cooker Beef Tacos Senora!**

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Author	Posting
SinginSOMERSong	Posted - 26 October 2006 23:46  

Make the color of this meat rich and the flavor FABULOUS by browning on all sides before slow cooking. It's so versatile, you will find yourself adding it to dishes such as faux mashed potatoes, enchiladas, crepes, sandwiches, eggs and Mexican pizza! Let your imagination take the lead! ~~~Singin'

You Will Need:

2 lb boneless chuck roast, cut into 1-inch cubes
 1 tsp salt
 1 Tbs vegetable oil
 1 Tbs chili powder
 1 6-oz can no-sugar-added tomato paste
 2 cups sf beef broth
 1 small white onion, chopped
 1 8-oz can no-sugar-added tomato sauce
 1/2 med sized green bell pepper, diced (or per Kisa's suggestion: sm can peeled, chopped green chilis)
 1 tsp ground cumin
 1/2 tsp black pepper
 egg crepes (warmed), OR parm taco shells, OR lettuce leaves for wraps.

Toppings: Diced sun ripened tomatoes(draind), shredded cheddar or Monterey Jack cheese, sour cream, picante sauce (I use Pace or make a fresh sauce by grinding sun-ripe tomatoes, onion, garlic, cilantro and an eensy bit of fresh jalepeno). You might also enjoy topping your tacos with Mexican Slaw (recipe in Roughage and Stuffage file). instead of the tomatoes and salsa. Have a FIESTA with this meat!

How To Make It:

- 1) Sprinkle beef cubes evenly with salt.
- 2) Cook beef in batches, in hot oil in a Dutch oven (deep pot) 5 to 7 mins, turning pieces until brown on all sides. Remove beef, saving drippings in the Dutch oven. Add chili powder to the drippings, stirring constantly, 1 minute. Add 2 cups beef broth, and stir, scraping bits from the bottom of the pot.
- 3) Place the browned beef in a 4 1/2 quart slow-cooker (crockpot). Pour the mixture from the Dutch oven over the meat; stir. Add onions and next 4 ingredients., stirring. Place the lid on and cook on HIGH 4 hours...OR on LOW 6 hours...until beef is tender. Serve in warm crepes, parm shells, or lettuce wraps with your choice of toppings.

Edited by - SinginSOMERSong on 3/19/2007 9:40:02 PM

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Author	Posting
marie172	Posted - 1 May 2007 6:59  

For those that asked for this, remember I made this out of necessity back in the days before internet, etc., when we were desperate for some corned beef, and I had no idea how to make it.

I read a Joy of Cooking recipe, and came up with this. Because of our (used to be) tough cuts of meat, this was the best way to do it. Now we still do it this way because I don't want the fattier (like brisket) cuts, and this works for us. My kids actually prefer it, even when we are in the US!

Here it is:

I make my own corned beef by using curing salt. I just poke a chunk of beef (it is probably a rump roast, but I honestly have no idea - whatever the market will give me that is a hunk of cow!) with a fork, rub in the salt according to directions, then leave in fridge for 7-10 days, turning on occasion. Morton makes the curing salt. (1 or 2 T per pound, I don't remember. It's on the package.)

When I cook it, I rinse the meat to get rid of some salt, put in crock pot, cover with water, add a large beef bouillon cube, black pepper, and a real lot of fresh minced garlic.

Cook for about 6-8 hours, or until some meat on the edges pulls away easily. I then store the hunk in a container with some of the liquid until the next day if it is for slicing for sandwiches. If you are eating it hot with the St Patty's fixings, then you wouldn't bother with this. I jsut find if you let it cool down this way, it doesn't fall apart when slicing (with an electric knife or meat slicer), and also, it doesn't dry out.

Notice that Twiggy also posted a recipe, which probably looks more like what you all are used to.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **To Make Corned Beef from a brisket**

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Author	Posting
Twiggy88	Posted - 17 March 2005 9:22  

To Make Corned Beef from a brisket

- 4-6 lbs beef brisket
- 5 Tbs. salt brine
- 2 Tbs. sweet n low brown
- 1 Tbs. ground black pepper
- 1 tsp ground paprika
- 1 tsp ground bay leaves
- 1 tsp ground allspice
- 1/2 tsp garlic powder

Prepping:

Trim surface of fat from brisket.
Mix salt brine and remaining ingredients and spices.
Rub mixture into all sides of brisket.
Place brisket in plastic bag and tie the end securely.
Refrigerate and allow to cure 5 days per inch of meat thickness.
(So, 10 days for a 2" thick brisket)

Cooking:

Place brisket in Dutch oven.
Add water to cover.
Bring to boil; reduce heat.
Simmer until tender, about 3-4 hours.

EDIT: Salt Brine = 1 cup salt per 2 gallons of hot water (that's 32 parts water - 1 part salt), and a bit of vinegar

***twiggy88

Edited by - twiggy88 on 4/19/2005 4:37:57 AM

Edited by - twiggy88 on 11/29/2006 4:19:54 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Carne con Chile**

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Author	Posting
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p_hernandez Posted - 20 April 2007 17:52  

This recipe is my favorite (mexican):
CARNER CON CHILE

Ingredients:

Boneless Bottom Round, very thin cut into bite size pieces, also can use pork/chicken.

4 (+, -) red tomatoes

3 (+, -) green jalapeno peppers, depend how hot you want it for me this is mild.

oil

1 garlic clove

salt

water

Roast the tomatoes & peppers.

Heat the oil on a skillet and brown meat w/salt until done.

Mix tomatoes, peppers, salt, garlic and water in a blender very well.

Pour into skillet.

Bring to boil

Serve w/steamed brocoli

Started SS 4/12/07

170/170/140 lbs.

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Author	Posting
IWedRich	Posted - 13 September 2006 8:26  

I have a single friend in her 60's who started SS last week with my help and has lost 5 pounds! I am helping her grocery shop and cook up a few things (she doesn't cook much)and I asked "What do you really love to eat?" and she said, "Sloppy Joe's". Well, now that I have Debs Buns I thought I can definately make this work! So here is my recipe!

SLOPPY JOES

2 lb.s ground beef, cook, drain and set aside

In about 2 T. Olive Oil saute in this order:

- 1 med. onion, diced, add...
- 1 bell pepper, diced, add...
- 2-3 cloves garlic, minced, add...
- 1 12 oz(ish) can crushed tomatoes
- 1 8 oz can Tomato Sauce

Mix the veggies into the ground beef and add these ingredients while simmering the pot.

- 1 1/2 T. Frenches Yellow Mustard
 - 2-3 T. Da Vinci Simple or Breakfast Syrup
 - 2-3 packets Splenda (adjust sweetness to your taste)
 - 1-2 t. Worchestershire Sauce
 - 1-2 t. Soy Sauce
 - Salt and Pepper to taste.
- (The seasonings really have to be to your taste of Sloppy Joe's, whether you like them sweeter or not too sweet.

Simmer with lid half off for about 1 hour until the mixture is thick and rich.

Serve on Deb's Buns!!

HELLO!!! Am I happy now or what???

Edited by - IWedRich on 9/15/2006 5:57:14 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot English Roast**

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Author	Posting
MsTified	Posted - 5 April 2005 19:51  

Crock-pot English Roast Appollonia

1 English roast or Chuck roast
 1 can (8-oz.) tomato sauce
 1/2 can tomato paste
 1-2 onions sliced
 3-4 cloves of garlic, halved
 2 tablespoons balsamic vinegar
 2 teaspoons Red wine (optional)
 2 teaspoons steak seasoning
 1/2 teaspoon garlic powder
 1/2 teaspoon onion powder

1. If you have time, brown the roast prior to putting in Crock Pot. Season meat with steak seasoning, garlic and onion powders. Place in crock pot.
 2. Layer onions and garlic on top of meat. Mix tomato sauce, tomato paste and balsamic vinegar plus wine if using. Pour over the top. Put on the lid cook all day on low. Let cooked meat cool slightly; shred meat and discard any fat. I strain the drippings and reduce down till it makes a nice gravy; serve over top of the meat.

KATE'S NOTES: I did everything this said to do, using the wine, of course, but also added:

1 turnip, peeled and cubed
 1/2 red pepper, cubed
 4 ounces water

I cooked it on high all day - about 8 hours. Unintentionally, the turnip, onions, red pepper had pretty much turned to mush. So, I removed the meat (falling apart by this time) and then put the sauce with vegetables into my food processor and processed until pretty smooth. Oh, my - gotta tell ya -- it was absolutely fabulous! I mashed some celery root and cauliflower, served the sauce over the meat and mash as a very thick gravy and it was divine! Two days later, I shredded the meat and put it in a saucepan, poured some of the leftover gravy/sauce over and mixed it up. Served it to DH on a bun like a sloppy Joe and I ate it over a bed of greens with sauteed mushrooms and onions, and shredded cheese.

It's all gone now, but this is on my definitely make again list! Thank you, Appollonia, where ever you are, for the original recipe.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~

MsTified (Kate)

05/2001: 148/126 (reached goal)

Started again: 12/28/2004 - 133.5/134/126

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Author	Posting
--------	---------

3M

Posted - 9 March 2007 6:35  

I made these legal for SSing from a recipe on a bag of shredded cheese. They were pretty tasty. Hope you enjoy them!

Beef Quesadillas

1 recipe DebB's Pro/Fats Buns (recipe posted below)

1/2 pound hamburger

1 small onion, peeled and diced

1/4 cup chopped green pepper

1/2 cup salsa

shredded cheese

Make 1 batch of DebB's Buns.

Cook hamburger, onion and pepper in a skillet until done. Stir in the salsa. Set aside.

Top each bun with some shredded cheese. Spoon some beef and veggie mixture on top of the cheese.

Bake at 350 for 15-20 minutes to melt the cheese and warm the topping.

Pro/Fat Sandwich Buns

* Basic * Buns

6 egg whites

4 egg yolks

6 Tbls. sour cream (can also used softened cream cheese)

2 pkgs. Splenda (can omit)

1/4 teas. cream of tartar

pinch of salt

Beat egg whites & cream of tartar until very stiff. Turn bowl upside down and if the whites don't slide, they are stiff enough.

In a small bowl mix together the other ingredients. Gently fold the yolk mixture into the whites. Rubber spatula works best.

Generously spray a non-stick *crown muffin pan* with Pam. Fill the indents evenly.

Bake for about 50 minutes (or less) in a 300 degree oven. These will puff up while in the oven, but don't be surprised when they fall quite flat when you remove them, that's the way it is. Remove with an egg lifter onto a plate and let cool. Put in a plastic bag after it has cooled. (I poke holes in a ziploc bag to keep them from getting sticky and I store them in the fridge). The above recipe will make 2 pans full (12 total) ~ can be halved.

(I don't have a crown muffin pan so I baked mine in a loaf pan and cut it into 12 slices for the Quesadillas.)

Started March 6, 2006

Start 297 ~ Current 201 ~ Goal 150

Do not be wise in your own eyes; Fear the Lord and depart from evil.

Proverbs 3:7

Edited by - 3M on 3/9/2007 6:50:17 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Giant Treasure Meatballs**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:9  

Giant Treasure Meatballs

2 lbs. Lean Hamburger

1-2 T. Olive Oil

Stuffing:

1 can Diced Green Chillies

½ C. Fresh Shredded Asiago Cheese

¼ C. Grated Parmesan

¼ C. Grated Colby-Jack Cheese

Topping:

1 jar Hunt's Spaghetti Sauce (the "no sugar added" kind)

taste Parmesan Cheese

Separate the meat into 16 pieces. Flatten into burger shapes. Mix all ingredients of stuffing (including the juice from the green chillies). Divide stuffing into 8 equal parts and press them into balls using the palms of your hands. Place one ball of stuffing into the center of a hamburger patty. Top with a second patty and firmly press sides together. Make sure there are no gaps or openings in the meat.

Heat the oil in a large skillet. Carefully place the meatballs into the skillet and cook covered over medium-low heat about 10-15 minutes. (May need to drain liquid off of meat.) When browned on one side, carefully turn the patties over and cook covered on the other side until done (about 10 more minutes).

Meanwhile, heat the marinara sauce in a saucepan or microwave safe bowl.

Remove meatballs from skillet and arrange on a platter. Scoop a ladle full of sauce over each meatball and sprinkle the tops with Parmesan cheese. Serve immediately.

Lovin' Jesus and Lovin' Life!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **2 CROCKPOT**

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QUESTIONS

Author	Posting
myboys	Posted - 23 February 2007 15:56  

I HAVE 2 DIFFERENT QUESTIONS, PLEASE HELP-
THE FIRST IS I NEED A GOOD RECIPE FOR POT ROAST IN THE CROCKPOT FOR A BONELESS CHUCK. I USUALLY USE SUZANNES SIMMER SAUCES THAT I LOVE, BUT I RAN OUT
THE NEXT QUESTION IS AWHILE AGO I MADE HER STUFFED PEPPERS IN THE CROCKPOT AND THOUGHT THEY WERE REALLY GOOD, DOES ANYONE KNOW IF THESE A FREEZABLE, SO YOU COLD TAKE OUT LATER FOR LUNCH OR WHATEVER
ANY INFO WOULD BE A HELP - THANKS

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Pot Roast**

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Author	Posting
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iwillrejoice Posted - 8 October 2004 12:27  

This is good, & really easy!

Pot Roast

1 medium onion, sliced
3 teaspoons dry instant beef bouillon granules (or 3 tablespoons of Suzanne's, I guess - haven't tried hers yet)
3 pound rump roast
Garlic powder to taste

Saute onion in a well greased skillet.
Lay 2 large pieces of aluminum foil crisscross in heavy covered casserole so bottom & sides are fully covered.
Place 1 1/2 teaspoons dry bouillon granules & 1/2 of the sauteed onions on the foil.
Sprinkle meat with garlic powder & place meat on foil.
Sprinkle remaining bouillon & onions on top of meat, wrap foil tightly around meat, & cover the casserole.
Bake for 2 hours at 300 degrees, then lower to 275 degrees for 1 hour.
Cool slightly before slicing.

I find this shrinks a bit, but the taste is deilicious, & it's falling-apart tender. I love it! Hope you do, too.

Gail

Edited by - iwillrejoice on 11/12/2004 8:07:57 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **How to Cook a Beef Round Tip Roast?**

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Author	Posting
--------	---------

1goodfriend Posted - 22 February 2005 9:17  

Okay...I admit it....I am severely handicapped when it comes to cooking a roast in the OVEN. I love to BBQ, pressure cooker or crock pot.....but DH wants this one done in the OVEN! Why I do NOT know!

This is a beef round tip roast. It is 4 lbs and NEEDS to be cooked TODAY!

So HELP with any directions that you might have for me.

I was *thinking* of cutting some slits in it and putting in some garlic cloves inside....and MAYBE a bit of the Southwestern BBQ rub on it....

WHADDYA THINK?

ANY suggestions would be greatly appreciated!

I am also going out this morning to purchase a meat thermometer....I have a cnady thermometer...but don't think that would work! LOL

Thanks in advance!

~Peggy
Started Ssing 09/01
158/135/130

"I can do everything through Him who gives me strength"
Philippians 4:13

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bottom Round Roast?**

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Author	Posting
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Jenifer Posted - 15 October 2003 14:31  

What is the best way to cook this? It is getting cold and I would love to try one of the posted recipes listed but don't know if that would be good with the bottom round roast that I have in the freezer!

TIA

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BEEF STEW W/ TEX MEX?**

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Author	Posting
myboys	Posted - 7 February 2007 15:5  

HELLO LADIES,
OKAY, I NEED OPINIONS, I AM DYING TO MAKE BEEF STEW IN THE SLOW COOKER, HOWEVER, THE LAST FEW TIMES I USED THE BEEF BIOGNOINE (I THINK I SPEKED IT RIGHT) OR THE CHILI COLORADO (MY FAV) ANYWAY THE ONLY SIMMER SAUCE I HAVE LEFT IS THE TEX MEX WHICH I HAVE NOT TRIED YET. HAS ANYONE OR DO YOU LADIES THINK THIS WOLD BE GOOD IN A STEW? I KNOW IT SAYS ON ALL THE JARD THAT THERE GOOD ON BEEF, POULTRY, PORK... PLEASE HELP!

THANKS

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Almost Cabbage Roll Casserole**

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Author	Posting
ncpharmgirl	Posted - 17 January 2007 16:0  

Hey everyone~

I saw this on another site, and I am making it tonight for supper, you will need to " Tweak" it for SS, but it sounded great.., I will report on how it turned out..Almost Cabbage Roll Casserole

1 lb lean ground beef, uncooked (can also use ground turkey)
 3/4 cup uncooked long grain rice (can also use brown rice or barley to make it level 2)
 1 large onion, chopped
 2 cloves garlic, minced
 1/2 tsp. salt
 1/4 tsp. pepper
 28 oz can tomato sauce
 1/4 cup cider vinegar
 1/4 cup brown sugar (use legal sweetner equivalent)
 2 tsp dry mustard
 8 cups coarsely chopped cabbage (about 1 medium head)

In a large bowl, mix beef, rice, onion, garlic, salt and pepper. In another bowl, stir together tomato sauce, vinegar, brown sugar and mustard. Layer 1/3 of the cabbage in bottom of a 3 quart casserole. Arrange 1/2 of the meat mixture on top. Cover with 1/3 of the cabbage. Top with remaining beef mixture and remaining cabbage. Pour tomato sauce mixture over top, but do not stir. Casserole will be full. Cover. Place on cookie sheet to catch any spills. Bake at 325 for 2 hours without stirring. Do not uncover so the steam will cook the rice and meat. Take a small bite to see if the rice is cooked. If still crunchy, add some water (if necessary) and cook a bit longer.

4-6 servings

"Be a first rate version of yourself, not a second rate version of someone else."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot Beef and Cabbage Casserole**

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Author	Posting
JCNmyheart	Posted - 16 November 2005 14:33  

****Also in Crockpot section****
Crockpot Beef and Cabbage Casserole

1 medium onion, chopped
3 tbsp. butter
1 lb. ground beef (I used 2lbs)
1/2-3/4 tsp. salt
1/4 pepper
3 cups shredded cabbage
10 3/4 oz. can tomato soup

JC's notes: I used a 15 oz can tomato sauce, 1/2 can cream, 1-2 tsp. splenda and a dash of Italian seasoning. This was to replace the can of "funky" tomato soup.

**I just used a small-medium size head of cabbage and chunked it up, not shredded it.

Saute onions in butter, add hamburger and brown w/ salt and pepper. Layer half the cabbage in the bottom of the crockpot... top w/half the hamburger/onion mixture. Repeat another layer and top with tomato soup. Cover and cook on low for 3-4 hours.

This is from the Fix-It and Forget-It cookbook.

JCNmyheart <><
Pampered Chef Consultant
<http://www.pamperedchef.biz/chanonmalone>

Edited by - jcnmyheart on 11/16/2005 2:35:50 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Lasagne and Ceasar Salad**

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Author	Posting
somersizenewby	Posted - 8 November 2006 18:4  

This is my original Lasagne I just pull out the whole wheat noodles at supper table to make it a level 1.

1 lb ground beef
 1 can 398 ml tomato sauce I used Hunts
 2 cans 156 ml tomato paste with garlic I used house
 2 tsp Italiano seasoning by clubhouse
 2 cans 284 ml mushrooms
 1 container of ricotta cheese
 1 pkg frozen spinach
 mozza cheese, provolone and parmesan. I buy the mixture pre grated in a bag
 6 lasng whole wheat noodles

saute ground beef, add mushrooms, add italiano seasoning, add tomato sauce and paste. Boil noodles as directed on pkg. Mix ricotta cheese and spinach in bowl. Spray 9x13 baking dish with pam. Layer ground beef mixture, cheese mixture, ricotta cheese and spinach mixture, one layer of noodles (3), ground beef mixture, ricotta cheese and spinach mixture, one layer of noodles (last 3) top with three cheese mixture. Bake in oven at 350 degrees for 30 minutes. Serve. I pull out the my lasagne noodles for Level 1 and peel the cheese topping off of the first layer of noodles. It comes off nicely.

Here is another recipe for homemade ceasar dressing Level 1.

1 cup hellmans mayonaise
 2 cloves crushed garlic
 1 lemon (squeeze juice)
 1/4 cup cream
 1 tsp mustard
 3/4 cup parmesan cheese
 Ground Black pepper to taste

Wisk all ingredients together and pour over romaine lettuce. NO CROUTONS. Trust me after a while you don't even miss them.

Good luck

Edited by - somersizenewby on 12/5/2006 9:44:58 PM

Edited by - somersizenewby on 12/5/2006 9:47:58 PM

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Author	Posting
--------	---------

iwillrejoice	Posted - 5 December 2004 20:31  
--------------	--

Meat-Crusted Pizza

Crust:

3 pounds ground beef
 1/2 cup diced onion
 3 eggs
 1 teaspoon garlic powder
 3 teaspoons salt
 3/4 teaspoon black pepper
 1/4 teaspoon oregano
 1/4 teaspoon basil

Sauce:

14 ounce can diced tomatoes
 1/2 teaspoon crushed red pepper
 1 teaspoon oregano
 1 teaspoon basil
 1 teaspoon black pepper
 1 teaspoon salt

Topping:

8 ounces mozzarella cheese
 20 slices pepperoni
 6 ounces cooked sausage
 1/2 cup diced green pepper
 2 ounces diced mushrooms

Preheat oven to 375F.

Mix together crust ingredients.

Separate into 2 pieces and flatten them onto cookie sheets. They will be about 1/2-inch thick when you are done.

Bake for 30 minutes, pouring off any fat that may have collected.

Meanwhile, mix together the sauce ingredients.

Spread over both crusts.

Put your remaining ingredients on and put back in the oven for about 15 minutes.

Enjoy!

I've had this recipe for ages. It's been around for a while. I found it on an Atkin's or low-carb mailing list.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **london broil**

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Author	Posting
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myboys Posted - 24 October 2006 10:56  

this may sound strange, but does anyone know of a london broil recipe for a slow cooker?!! if not, can you post some london broil recipes, i wold appreciate it!! thanks.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **All beef chili for hot dogs or other**

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Author	Posting
mamabj	Posted - 12 November 2006 8:14  

Here is a recipe I tried for all beef chili that is legal. Not Hormel No Beans, but it will do.

All Meat Chili Recipe (For Hot Dogs or)

2 lbs. ground beef
 1 c. water
 1 lg. minced onion
 5 oz. Worcestershire sauce
 2 tbsp. chili powder
 5 tbsp. A-1 sauce
 1-2 tbsp. ketchup (legal)
 Salt and pepper to taste

Simmer ground beef and water 15 minutes. Add remaining ingredients and cook slowly for 2 hours (add water a little at a time if needed). If sauce is not smooth, beat with egg beater. Serve over hot dogs.

If I want chili/cheese chips, I melt some nacho cheese mix shredded cheese with it and top w/some diced onion.

I know there is a recipe on here for Lawry's seasoning mix, I haven't tried it, but I think that could be used in this too.

I think it would be good with "Directions for Provolone Chips & Taco Shells" by 1goodfriend under Munchies and Chips

mamabj
 250/189

Edited by - mamabj on 11/12/2006 8:41:19 AM

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Author	Posting
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mamabj	Posted - 9 November 2006 14:11  
--------	--

I made this over the weekend. It turned out well.
Serves 8

Ingredients:

1.00 tb Vegetable Oil
2.00 lb Sirloin Steak *
2 medium chopped onions
1 lb Fresh Mushrooms, Sliced
2 t salt (to taste)
2 t pepper (to taste)
Sauce:
2 c sour cream
1/4 c cream cheese for thickening
2 t brown mustard

Instructions:

Sirloin Steak is to be boneless and sliced into thin strips.
Stir oil and meat in until beef is seared and cooked. Season with salt and pepper.
Remove meat from pan, reserve meat and juices.
Add mushrooms and onion to meat juices.

Steam enough cauliflower to make 4 c julienned (about 1/2 large head) while meat is cooking.

Mix mustard, cream cheese and sour cream.

Stir in reserved meat, then sour cream mixture.

I julienne my cauliflower with my electric mandoline. You could also rice it.

I hope you enjoy.

mamabj
250/189

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Pirate Patties**

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Author	Posting
--------	---------

IWedRich Posted - 11 September 2006 18:13  

2 lbs. ground beef
2 eggs
Spice it up:
Dried minced Onion, garlic, italian seasoning, Ceyenne - you really choose the seasingings you want.
1/2 C. pork rind flour

Stuff with:
1 olive
1-2 slices of pepperoni
1 cube mozzarella cheese

Bake on a cookie sheet in 350 Oven, about 10 - 15 minutes each side. My oven is ancient - so you may want to check for doneness along the way. Don't bake too long or the meat will be dry.

"Matey Sauce" 1 pkt Hidden Valley Fiesta Ranch (prepared with sour cream)
Half a can of Hunt's no sugar added Marinara.

It was very tasty! My kids really liked it!

Lovin' Jesus and Lovin' Life!

Edited by - IWedRich on 9/13/2006 11:22:03 AM

Edited by - IWedRich on 9/13/2006 11:25:12 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Baked Spaghetti Squash (Lasagna)**

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Author	Posting
joey15	Posted - 6 October 2006 8:36  

This recipe was in the September 2006 issue of Better Homes and Gardens. Submitted to the magazine by Christine Wood. My modifications are at the end.

Baked Spaghetti Squash

1 medium spaghetti squash (2 1/4 lb.)
 12 oz bulk sausage
 1 1/2 cups sliced mushrooms
 1 medium green or red sweet pepper, chopped
 1/3 cup finely chopped onion
 3 cloves garlic, minced
 1 4 1/2 oz. can chopped pitted ripe olives (optional)
 1/2 tsp. dried Italian seasoning, crushed
 1 1/2 half cups purchased red pasta sauce
 1 1/2 cups shredded Monterey Jack, mozzarella, or Italian blend cheese
 1/4 cup snipped fresh Italian parsley

1. Halve squash and remove seeds. Place cut sides down in a 2 quart rectangular baking dish. Add 1/4 cup water. Cover with vented plastic wrap. Microcook on high power 13-15 minutes or until squash is tender when pierced with a fork. Rearrange once for even baking. In a large skillet, cook sausage, mushrooms, pepper, onion, and garlic over medium heat until sausage is no longer pink. Stir to break up sausage. Drain off fat.
2. Preheat oven to 350. Scrape pulp from squash (about 3 cups). Wipe out baking dish and coat with PAM. Spread half the squash in the dish. Add half the sausage mixture and half the olives. Sprinkle with seasoning and 1/8 tsp of black pepper. Top with half the sauce and half the cheese. Top with remaining squash, sausage, olives and sauce. Bake for 30 minutes. Sprinkle with remaining cheese. Bake for 5 minutes or until cheese is melted. Let stand 10 minutes. Sprinkle with parsley. Serves 6.

I made this last night for dinner and it was a big hit. I left out the olives because neither my husband nor I likes them and we used a pound of ground beef in place of the sausage because we had it on hand. I also just sprinkled some basil and oregano instead of the Italian seasoning because I didn't have that. We used a green pepper and mozzarella for the cheese. It was easy and good!

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Author	Posting
coblentzjx	Posted - 19 November 2003 7:49  

Here's one of my favorite company dishes.

Beef Paprika

Ingredients:

1/4 C butter
 2 lb stew beef cubes
 1 C chopped onion
 1 small clove garlic, minced
 3/4 C sugar free ketchup
 2 T worchestershire sauce
 1 t Somersweet
 2 t salt
 2 t paprika
 1/2 t dry mustard
 dash cayenne red pepper
 1 1/2 C water
 1/4 C cream

Simmer beef(just cover with water) 4-8 hours in a crockpot (It will be almost falling apart.) Melt butter in a skillet. Add beef, onion and garlic. Cook and stir until onion is tender. Stir in ketchup, worchestershire sauce, Somersweet, salt, paprika, mustard, cayenne and 1 1/2 C water. (I add water first.) Simmer for one hour. If liquid is evaporating too quickly, you may cover, however if covered the whole time, it will take two hours to cook down. Stir in cream gradually. Heat to boiling, stirring constantly. Boil and stir 1 minute.

When having company, I often use 3 lb of beef and double the rest of the ingredients. We have served it over noodles in the past but now that we're Somersizing, we must be creative. If anyone tries anything that works well let me know. My DH likes this as a Calzone filling with mozzarella cheese. Has anyone tried using the pizza crust for calzones?

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Author	Posting
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3M

Posted - 9 October 2006 10:45



We have meatloaf every other Sunday afternoon, it makes a great dinner after worship services.

Meatloaf

1 (15 ounce) can tomato sauce; reserve 1/2 cup for the top
 1 teaspoon minced garlic
 1/2 teaspoon dried basil
 1/2 teaspoon dried oregano
 1/4 teaspoon salt
 2 eggs
 1/4 cup chopped onion
 1/2 cup chopped zucchini
 2 pounds hamburger

On Saturday evening, I mix all of the ingredients together and put it in my glass loaf pan. I put the 1/2 cup reserved tomato sauce in a small bowl with a lid and keep in the fridge until needed. I cover the meatloaf with plastic wrap and put it in the fridge overnight.

On Sunday morning, I preheat the oven to 200 and at about 9 AM I put the meatloaf in the oven. I also put a large roasting pan on the lower rack and fill it most of the way up with water just in case it should spill grease. (Mine never has but I think it is a good precaution anyway.) We are gone for 4 hours and when we come home the house smells wonderful. I check the meatloaf and drain off the grease. I put the reserved tomato sauce on the top and turn the heat up to 350 while I make some side dishes. You could also melt some cheese on the top if you like.

To make for a week night dinner, mix it up and bake it at 350 for 45 minutes. Top with the 1/2 cup reserved tomato sauce and bake 15 more minutes.

Hope you all enjoy it!

Started March 6, 2006

Start 297 ~ Current 227 ~ Goal 150

Fear God, and keep His commandments: for this is the whole duty of man.
 Ecclesiastes 12:13

Edited by - 3M on 10/10/2006 7:58:27 AM

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Author	Posting
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Copy
Cat

Posted - 23 April 2004 9:11



2 Tbs olive oil
 1 tsp sesame oil
 5# beef brisket
 1/2 tsp lemon pepper seasoning
 3 Tbs grated lemon peel
 1 med lemon juiced
 1 Tbs grated ginger root
 2 Tbs soy sauce
 1 Tbs worchestershire sauce
 1 14oz can beef broth, or your beef stock
 1 tsp salt
 1 tsp somersweet

Heat olive oil & sesame oil in 12" skillet. Sprinkle beef with lemon pepper seasoning and brown the brisket on all sides.

Place beef in 5-6 qt slow cooker. Mix lemon peel, lemon juice, ginger root, soy sauce, worchestershire sauce, beef broth, salt & somersweet together and pour over brisket.

Cover & cook 8-10 hours on low heat setting. Meat can be cut across grain for thin slices, or pull apart with 2 forks for shredded style.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Somersized Hamburger Helper**

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Author	Posting
gopmom2	Posted - 27 September 2005 10:52  

I grew up on hamburger helper. I fed my children hamburger helper and I LOVE hamburger helper. That is partly the reason I have to loose weight. I made 'hamburger' helper last night for dinner and it was a huge success. I made enough to anticipate leftovers and my kids wanted me to pack it in their thermos's for lunch today. I hope you like it. I know if you make it you will love the ease of this dish. Fast, easy, and really good.

Somersized Hamburger Helper

2 lbs. ground beef (note @ bottom of post)
 1 16 oz. jar salsa (note @ bottom of post)
 2 C sliced mushrooms
 2 C shredded colby jack cheese
 Dollop of sour cream if desired

Brown ground beef with sliced mushrooms until slightly pink. Add the jar of salsa. Continue to cook until most of moisture is evaporated. Put shredded cheese on top of meat mixture. Cook on low to melt the cheese. I did not put the lid on as I did not want it 'soupy'. Dollop on sour cream if desired. Serve with green beans.

Note I used Laura's lean ground beef available at Kroger. I used Arriba' Fire roasted South Western Garlic & Cilantro Salsa in medium, also available at Kroger. This was not too spicy for my non-spicy food eaters. They have other very good legal salsa's, but some aren't such as the one's with corn and beans. Just check them out the one I used was very flavorful and I didn't even add one spice to the recipe.

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Author	Posting
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DDTyler Posted - 15 September 2006 22:27  

chicken tenders cubed
pkg corizo sausages with casing removed, quartered
1 15oz can diced tomatoes (fire roasted best)
turnips diced
sliced onion and chopped green onion.
green pepper or whatever kind you like
2T olive oil, salt & pepper to taste
1 15oz can of your choice of beans, drained
2 t. hot sauce (optional)
1 qt. chicken stock
3 cloves garlic
Brown chicken cubes in 2 t. olive oil in pot,
season with salt and pepper, add corizo and garlic and cook about 3 min.,
add peppers and onions and diced turnips. Cook about 5 min and add chicken
stock, tomatoes, beans and hot sauce. Bring to a bubble then turn to simmer
until turnips are tender. Top with green onion when serving. Good with a
cheese chip made from melting parmesan cheese in a nonstick skillet and
heating till crisp.

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Author	Posting
FinanceWoman	Posted - 8 August 2006 11:25  

I need a good meatball recipe. Anyone?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Need a good Ground Beef Enchilada or Burrito Reci**

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Author	Posting
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Taylyn

Posted - 28 June 2006 21:31



I LOVE mexican food and would love to have a good ground beef enchilada recipe and also a good burrito one too.
Thanks!!

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Author	Posting
IWedRich	Posted - 11 September 2006 18:36  

Red Beef Enchiladas with Egg Tortillas

Preheat Oven to 400°

1 Pro/Fat Crepe Recipe

1 Spicy Seasoned Ground Beef Recipe

16 oz. Enchilada Sauce

1 C. Grated Cheese, Cheddar, Jack, Oaxaca or any combination works great
Sour Cream, optional

Fill tortilla with piping hot beef. Roll up and place in a baking dish. Heat enchilada sauce in pan. Pour heated sauce over enchiladas. Sprinkle grated cheese on top. Bake briefly, just until cheese melts, about 10 minutes. When Enchiladas are done, carefully lift them onto plates, top with sour cream if desired. Serves well with salad.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Spicy Seasoned Ground Beef**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:35  

Spicy Seasoned Ground Beef

3 T. Olive Oil
1 lg. Onion, diced
5 Garlic Cloves, diced
1 C. Water
2 lb. Ground Beef
1 can Diced Green Chilies, small can
4-6 T. Chili Powder
3-4 T. Cumin
2 t. Salt
2 t. Paprika
¼ t. Black Pepper
½ t. Cayenne, optional

Heat olive oil in saucepan. Sauté onion and garlic until translucent. Meanwhile combine the beef with the green chilies and spices. Add water to the onion/garlic mix in saucepan. Add beef mixture. Cook on medium to medium-high heat, stirring regularly to break up the chunks of beef, about 30 minutes. Drain well. Serve, refrigerate or freeze.

Use this for Tacos, Enchiladas, Burritos - all Somersize, of course!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ropa Vieja - (Rope-a Vee-ai-ha)**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:34  

Varied from a friends recipe.

Ropa Vieja - (Cuban Beef Stew)
 2 ½ lbs. Flank Steak, cut in strips
 5 T. Olive Oil
 5 Garlic Cloves, minced
 1 lg. Onion, chopped
 1 Green Pepper, diced
 ¼ t. Black Pepper
 8 oz. Tomato Sauce
 1 C. Water
 6 oz. Sofrito
 2 oz. Capers
 1 Pro/Fat Crepe Recipe

Heat 3 T. olive oil in skillet and brown the meat strips on all sides. Remove from skillet. Add remaining oil to skillet and add garlic, onion and bell pepper. Cook until translucent. Stir in black pepper, browned meat, tomato sauce, water and sofrito. Simmer until meat is tender and shreds easily, about 1 hour. Serve with Crepes or Noodles (crepes cut into strips).

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Author	Posting
IWedRich	Posted - 11 September 2006 18:27  

Another good Latino Dish!

Chorizo and Cabbage
 12 oz. Manchengo Cheese (or any mild white melting cheese)
 3 T. Olive Oil
 1 med. Onion, chopped
 1 sm. Banana Pepper, chopped
 3 Garlic Cloves, chopped
 12 oz. Chorizo
 3 C. Cabbage, sliced (about ½ head)
 2 C. Water
 1 Pro/Fat Crepe Recipe

In small crock-pot, or non-stick saucepan melt cheese. In heavy skillet heat olive oil. Add onion, garlic and pepper and cook about 3 minutes. Add chorizo and cook about 10 minutes. Add cabbage and water. Let cook on med-low heat until liquid is almost all cooked off (about 30 minutes). Make the crepes large and slice them pizza style. In each triangle pile up the chorizo mix and the melted cheese. Top with sour cream and serve with fresh cut tomatoes and lettuce.

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Author	Posting
IWedRich	Posted - 11 September 2006 18:26  

I could eat Mexican Food EVERY DAY. So I have had to develop my own SS recipes to include Mexican Food! This is one of my favorites!

Carne Asada
 4 T. Olive Oil
 2 lb. Skirt Steak, tenderized
 2 -4 T. Chili Powder
 1 t. Garlic Salt
 2 Jalapeno Peppers
 2 Long Yellow Peppers
 1 Bunch Green Onions, trimmed
 1 med. Onion, cut into thick rings
 4-5 Cloves Garlic, sliced thin
 ½ C. Fresh Cilantro, chopped
 1 Pro/Fat Crepe Recipe

Set burner to medium-high. Heat oil in a large heavy skillet. Begin to brown the meat, sprinkling on the Chili Powder, Annatto Powder and the Garlic Salt. Under the meat in the pan, place the peppers, onions and garlic. Reduce temperature to low. Add cilantro to top of meat (it will turn in as you turn the veggies and meat. Cover, but leave the lid slightly askew. Lift meat and turn vegetables often, also turning meat for even cooking. Cook about 1 hour, until peppers are falling apart. Turn burner off and let sit about 10 minutes. Serve with Pro/Fat Crepes, sour cream and Pico de Gallo.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Pounded Sage Steak**

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Author	Posting
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IWedRich Posted - 11 September 2006 18:18  

Cheaper cut of meat made to taste gourmet!

Pounded Sage Steak

2 Boneless Steaks about 1 lb each

1 box Fresh Sage chopped

½ C. Olive Oil

3 T. Worcestershire Sauce

3 T. Tarragon White Wine Vinegar

taste Garlic Salt & Pepper

Pound the steaks with a mallet on both sides until the meat flattens out to about ¼ inch. Mix together the remaining ingredients in a non-corrosive dish. Marinade 2 hours or more. Pan-fry the steaks in the juices from the marinade. Cook over medium heat, 5 minutes on each side for medium rare to medium. Slice steak at an angle and slightly spread on a platter to serve. This steak is wonderful with Cajun Style Butter. Blend together softened butter with Cajun seasonings and chill.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Garlic with Cabbage and Peppers**

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Author	Posting
IWedRich	Posted - 11 September 2006 18:6  

¼ C. Olive Oil
1 stick Butter
2 lb. Beef Steak (thinly sliced) *Use a cheaper cut of meat, this recipe will tenderize as it cooks.
3 med. Onion, sliced
3 Garlic Cloves, chopped
6 oz. Marie's Creamy Italian Garlic Salad Dressing
3 C. Cabbage, sliced (about ½ head)
1 Green Bell Pepper, sliced
1 Red Bell Pepper, sliced
8 oz. Heavy Whipping Cream
Garlic Salt
Pepper

Heat oil and butter in the bottom of a Dutch oven or Nesco type cooker. Add meat and brown. Season browned meat with garlic salt and pepper. Add salad dressing and coarsely sliced onions and garlic. Let simmer for about 30 minutes. Add peppers and cream. Cover and simmer another 30 minutes. Add cabbage and simmer until cabbage is just wilting, about 20 more minutes.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot Hungarian Goulash**

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Author	Posting
DebB	Posted - 19 September 2003 18:39  

Crock Pot Hungarian Goulash

2 pounds round steak -- cut into 1/2 inch cubes.
1 C chopped onion
1 clove garlic -- minced
1/2 tsp salt
1/2 tsp pepper
1 1/2 tsp paprika
1/4 tsp thyme -- crushed
1 bay leaf
1 can tomatoes -- (1 14 1/2 oz)
1 c sour cream

Put steak cubes, garlic, onion in Crock Pot. Add all remaining ingredients except sour cream. Stir well. Cover and cook on low 8-10 hours or high 4-5 hours. Add sour cream 30 minutes before serving and stir thoroughly.
Cat Mania @ Protein Power

Deb's notes: I used chuck steak. I like to use the cheap, fat cuts of meat in the c.p., as they're more tender.

Started Somersizing 3-01
270/175/165
sdbruce@amerion.com

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Author	Posting
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Debits2000	Posted - 15 March 2006 7:5  
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This is a SS version of a dish we love.

Ingredients:

1 cooked spaghetti squash, threaded to make about 3 cups of "pasta"
 2 T. butter
 1/3 cup grated parmesan cheese {I use a chunk and grate my own..so much better than stuff in can}
 2 eggs, well beaten
 1 cup whole milk ricotta cheese
 1 lb. ground beef {I use 85%}
 1/2 cup chopped onions
 1/4 cup chopped green peppers
 1 cup petite diced tomatoes {I use canned}
 1 6 oz. can of tomato paste
 1 t. of sugar substitue {this cuts bitterness of tomatoes, can omit}
 1 t. dried crushed oregano
 1/2 t garlic powder
 1 t. basil leaves, crushed
 1/2 t. thyme leaves, crushed
 1/2 t. marjoram
 Salt & pepper to taste
 1/8 t. hot pepper flakes - optional
 4 - 6 ounces of whole milk mozzarella cheese
 (Wal Mart carries "Precious" brand FRESH...it is so much better: creamy and mild and melts great)

Directions:

After baking and threading squash, stir butter into the squash threads. Stir in parmesan cheese and eggs. Put the "spaghetti" in to a buttered 10 inch pie place forming a "crust" shape. Spread ricotta cheese over the bottom of the crust. Set Aside.

In skillet, cook ground beef and drain and remove. In same skillet, after draining all but 2 T of fat: saute the onions and green peppers till veggies are tender. Drain any remaining fat. Add the beef back and stir in undrained diced tomatoes, the tomato paste, sugar sub and spices.

Pour the meat mix into the "pie crust". Bake, uncovered, at 350 degrees for 20 minutes. Sprinkle mozzarella cheese on top, and bake 5 more minutes or until cheese melts. Let stand 5 minutes before serving.
 Serves 6.

Debi

"Everything is better the second time around!"

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Author	Posting
Margo_39	Posted - 18 July 2006 12:40  

This recipe is a family favorite:

Beef Zucchini Boats

5-6 zucchini, raw, cut lengthwise

1 lb ground beef

1 chopped onion

1 32-oz jar spaghetti sauce, no sugar added (I use Classico Tomato & Basil)

Shredded cheese (mozzarella)

Italian Seasoning to taste

Salt & Pepper to taste

Preheat oven to 325 F.

Brown ground beef with chopped onion. While that is cooking, slice zucchini lengthwise. Take a spoon and moving long ways, gently move spoon back and forth inside the zucchini, hollowing it out to make a "boat". Save the zucchini pulp, chop it and add to the meat mixture. Add the spaghetti sauce to the meat mixture. Next, add italian seasoning to the mixture and let it simmer a few minutes.

Take the zucchini shells and microwave them for about 2-3 minutes or until soft. Spray a big baking dish with olive oil spray, and line up the empty zucchini shells in the baking dish. Season to taste. Next, Sprinkle shredded mozzarella cheese inside the zucchini shells. Then add the cooked meat mixture into the shells, mounding the mixture on top. Top with more shredded cheese (I use the Shredded Mexican cheese blend from Kraft at this point, because my family likes it better).

Bake until the cheese is melted, and serve.

Hope you enjoy it.

Karen

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Hamburgers**

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Author	Posting
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3M

Posted - 26 July 2006 10:9  

Grilled Hamburgers with Sauce and Cheese

I use an indoor grill to make these. Grill enough hamburgers for your family. While they are cooking, preheat the oven to 350. When the burgers are done, transfer to a baking pan. Top each burger with a couple spoonfuls of legal spaghetti sauce. I use Ferratto's Tomato and Basil pasta sauce. It is available at Save-A-Lot for \$1.49. Then top each one with cheese. Bake 10 - 15 minutes to melt the cheese and heat the sauce.
Hope you enjoy them!

Start Date March 6, 2006

Start 297 ~ Current 245 ~ Goal 150

Fear God, and keep His commandments: for this is the whole duty of man.
Ecclesiastes 12:13

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef-Squash-Tomato "Pie"**

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Author	Posting
Margo_39	Posted - 19 July 2006 0:52  

Beef-Squash-Tomato "Pie"

2 large tomatoes, thinly sliced
 bunch of cherry tomatoes, thinly sliced
 1 large zucchini, thinly sliced
 1 large yellow squash, thinly sliced
 2 turnips, peeled and sliced thin (optional)
 1 chopped onion
 1 cup chopped red & green bell peppers
 1 large bag shredded Swiss cheese, divided
 1 teaspoon Kosher Salt
 2/3 teaspoon Italian seasoning
 2/3 teaspoon ground black pepper
 4-5 eggs, lightly beaten
 1 - lb lean ground beef, cooked, drained, and cooled
 Butter to grease casserole dish

Pre-heat oven to 400 degrees. Butter a shallow casserole dish.
 In a large bowl, combine zucchini, squash, turnips, onion, bell peppers, 3/4 bag of Swiss cheese, eggs, cooked ground beef, salt, Italian seasoning, and pepper until well blended. Arrange half of the tomato slices on the bottom of the pie plate, using combination of large & cherry tomatoes. Evenly spoon beef-vegetable mixture over tomatoes, pressing slightly to flatten. Arrange remaining tomato slices on top; sprinkle with remaining cheese. Bake until vegetables are tender, about 1 hour.
 Karen

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Author	Posting
cctwins4	Posted - 23 January 2005 18:24  

There is this great Mexican place where I live that makes these wonderful chile renos. I cant live without them so I SSed. Hope you enjoy.

Ingredients

4 large green peppers
 1 lb hamburger
 1 small sweet onion
 1 block Mexican cheese(white american with hot peppers)
 Legal taco seasonings

First cut the peppers into 4ths and lay on greased cookie sheet. Pour about 1/2 cup water into cookie sheet(you want a little steam) Then bake the peppers at 400' till they are soft and the skin is starting to blister. Then remove the peppers from the oven and let them rest.

While your peppers are roasting brown your hamburger and add your onion(chopped small) when your onions are browned and hamburger is done add your taco seasonings. once that has cooked down if you need to drain your hamburger you can .

Now to assembly your chile renos Stuff your peppers with the meat mixture and some shredded cheese(mexican cheese) Then top each chile reno with a big slice of the mexican cheese. Make sure you cover the whole pepper. Then put the peppers back into the oven at 400 and bake till they are nice and bubbly.

The cheese is a block but if you cant find it like that get some deli white american and chop up some hot peppers. Dont get pepper jack cheese it DOSEN'T melt the same.

Hope you enjoy. Carissa

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Author	Posting
janland	Posted - 28 November 2003 15:35  

This is a recipe I made up and have served to many. Everyone that has tasted it requests the recipe. Preparation time is approximately 10-15 minutes.

Janice's Goulash

1 1/2 lb. ground beef (I use sirloin)
 1 medium onion, chopped
 1/2 green pepper, chopped
 salt
 brown the above and drain well. Add 2 cans diced tomatoes with juice
 1 small can tomato paste (Hunt's has no sugar added)
 1 T. Essence of Emeril

Cook on medium for about 5 minutes. Shred 2 cups of cheddar, coljack or Colby cheese. Turn off heat and stir cheese into the mixture. Serve when cheese is just about melted. If you want add another 1/2 T. of the Essence of Emeril for a spicier taste.

ESSENCE OF EMERIL

T. = tablespoon t. = teaspoon

2 1/2 T. Paprika
 2T. salt
 2T. garlic powder
 1T. black pepper
 1 T. onion powder
 1T. cayenne pepper
 1T. dried oregano
 1T. dried thyme

mix well and store in an airtight container. For a bit spicier flavor I also add 1T. crushed red pepper.

janland@comcast.net
 Janice

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BLUE CHEESE STUFFED HAMBURGERS**

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Author	Posting
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micahsprincess	Posted - 19 April 2004 14:55  
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My boyfriend absolutely loves these:

BLUE CHEESE STUFFED HAMBURGERS

- 2 lbs. ground beef
- 1 tablespoon minced garlic
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon of SPECIAL SEASONING (*recipe follows)
- 12 ounces of blue cheese

In a bowl, combine beef, garlic, salt, pepper and special seasoning and mix gently but thoroughly. (like you mixup meatloaf..hands are okay to use)!!!

Divide mixture into 8 equal patties. In a separate bowl, crumble blue cheese and form cheese into 4 equal patties.

Place 1 cheese patty on each of 4 beef patties. Top with remaining 4 beef patties, pinching the edges under to seal the cheese between the patties completely.

Place the stuffed patties on the grill and cook to desired temperature, about 2 to 3 minutes per side for medium-rare (Alternately, you can cook the patties in a large skillet over medium-high heat as well...totally your preference).

SPECIAL SEASONING RECIPE (from Emeril Lagasse himself and the Food Network)

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

Combine all the spices in a airtight jar or container, cause there will be a ton for you to use in the future and it's also wonderful on chicken and fish...

ENJOY EVERYONE...it's awesome with a lettuce leaf as the bread, mayo and tomatoes!!!

YUMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM!!!!
PRINCESSARGIE

Princessargie

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Blue Cheese loaf**

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Author	Posting
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glitterskate Posted - 22 June 2006 19:34  

I have heard there is a recipe for Blue Cheese Meatloaf. Does anyone know where I could find it or if someone has it can you post it here?

Glitterskate

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Is Brunschweiger legal?**

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Author	Posting
glitterskate	Posted - 17 June 2006 14:36  

Is Brunschweiger legal? I sorted through all the brands at the store and thought I had found one with no sugar in it but upon getting it home and reading the label again I see it has Dextrose about in the middle of the ingredient list. Any one have any ideas?

Glitterskate

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Sixty MinutePot Roast From Fast&Easy**

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Author	Posting
db1944	Posted - 14 June 2006 20:56  

We just finished this wonderful pot roast for dinner and I can truly say it was great....Even my DH loved it because the gravy was nice and thick. No one would believe there was no flour nor thickeners in it....The recipe is from the Fast&Easy cookbook and it is on Pg 20 of the Somersize Pressure Cooker recipe book. If you use the Pressure cooker recipe book, DO NOT use 3 cans of beef broth like the directions say unless you want a thin sauce. The F&E cookbook says to use a one 14 oz can of beef broth and that is exactly what I used and the gravy was perfect. Also, I only had a 2 1/2 lb rump roast instead of a 5 lb as the recipes call for but I did not cut the gravy in half because I wanted to have gravy left over to freeze. I let the pressure cooker come to a "hiss" and set the kitchen timer for 30 minutes. It was marvelous.....Hope you try it..

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Blue Cheese Meatloaf**

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Author	Posting
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pinkscooter Posted - 10 November 2005 11:34  

Does anybody out there have Suzanne's Blue Cheese Meatloaf recipe? I really loved it when I was last Somersizing, and I would like to make it again since I just started SSing again. (lost my recip book!)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **beef stroganoff and what to put it on**

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Author	Posting
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karma Posted - 21 March 2004 9:35  

1 lb ground beef
1/2 block cream cheese
1/2 c sour cream
1/2 stick butter
1 onion, chopped
garlic powder and salt to taste

cook onion. add beef and cook til browned; drain. add seasonings and stir. add butter, cream cheese and sour cream. cook til melted. i miss noodles, but i replaced them with scrambled eggs and it was great. prob a good b-fast, too.

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Author	Posting
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Twinkle	Posted - 10 February 2006 16:22  
---------	---

This is a very tasty recipe. GReat when you just want to throw something together quick.

Try it...i guarentee you will enjoy its unique and zesty, different flavour.

Mozzarella & "Rice" Bake

1 1/2lbs ground beef
 2 cups cauliflower "rice"(see below)***
 1 26oz jar of no sugar added spaghetti sauce
 3 small eggplants
 8oz mozzarella cheese cubed
 6 mozzarella cheese slices
 1 tsp garlic powder
 1 tsp red pepper flakes
 1 TBL italian seasoning
 2 TBL dried minced onion
 salt and pepper to taste
 freshly grated parmesan cheese

Preheat oven to 400degrees.

Cut eggplants into 1/2in rounds, sprinkle with salt and drizzle with olive oil.

Bake for 30 minutes turning once(if desired).

Brown and drain ground beef; mix with "rice".

Add spaghetti sauce,spices, salt and pepper, then cheese cubes.

Place 1/2 of the prepared eggplant slices on bottom of oven safe dish,just to cover.

Pour beef/cheese mixture over top of eggplant slices, smooth.

Top with mozzarella cheese slices.

Place remaining eggplant slices over cheese.

Place in oven and bake for 20 minutes OR

until cheese is melted and casserole is bubbly and heated through.

Top with freshly grated parmesan cheese.

ENJOY!!!!!!

Great with a big somersized caesar salad!!

YUMMMMMMMMMM!!!!

Makes 4 to 6 servings....

ENJOY!!!!

***CAULIFLOWER RICE:

Coarsely grate or food process 1/2 raw head of cauliflower.

Twinkle, Twinkle little star how I wonder what you are...

Edited by - Twinkle on 3/2/2006 2:01:21 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Leftover Corned Beef**

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Author	Posting
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Debits2000 Posted - 17 March 2006 16:56  

This might sound a bit odd, but it is delish!

Corned Beef and Eggs

Ingredients:

1 medium onion, sliced into thin rings
leftover corned beef, in bite size shreds {about 2 cup}
6 large eggs, scrambled
1 ½ T oil

Directions:

In medium skillet, heat oil over medium high heat, add onions and sauté until they just start to get light golden brown. Add corned beef to skillet and heat for about 5 minutes over medium heat, making sure to keep stirring the beef and onions to keep from burning. Add the scrambled eggs to the skillet and let it cook. You can stir the eggs as they cook to make this scrambled or you can let the eggs cook and set and make it more omelet like. This is great with deli mustard and will serve 2- 3.

Debi

"Everything is better the second time around!"

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Reuben Casserole**

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Author	Posting
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DebB	Posted - 5 March 2004 17:41  
------	---

Reuben Casserole

Mix 1 jar of drained and rinsed sauerkraut with 1/4 cup of LC 1000-Island dressing and a good sprinkle of caraway seeds, then layer it with 1/2 pound (or so) chopped up sliced corned beef from the deli and 1/2 pound (or so) sliced Swiss cheese. Bake the whole thing in a nice deep dish until hot and bubbly.

.....
* Deb's notes: I do not rinse my sauerkraut - I did that once, but it really cut back on the flavor - it was quite bland, so now I don't rinse it. I find the kraut in a jar has more flavor than that in a can. I have never tried it with deli corned beef - I always use leftovers from cooking a corned beef. Sometimes I just make a small corned beef just for this casserole. I apologize that this is one of those "just throw it all together" recipes, without exact amounts, but I just copied it off another site. I'm also sorry that I cannot credit its original poster.

.....
Here is the "Kraft 1000 Island Salad Dressing" recipe I use (it tastes great!)

- 1/2 cup mayonnaise
- * 2 tablespoons ketchup (I use Estee sugar free brand)
- 1 tablespoon white vinegar
- 2 teaspoons sugar (I use 2 splenda packets, we like it a bit sweeter)
- 2 teaspoons dill relish
- 1 teaspoon finely minced white onion (I use dried, it's easier)
- 1/8 teaspoon salt
- dash of pepper

Combine all ingredients in a small bowl. Stir well. Place dressing in a covered container and refrigerate for several hours, stirring occasionally, so that the sugar dissolves and the flavors blend. Makes about 3/4 cup.

* blueladybug's tip ~ she substitutes tomato puree or tomato sauce for the ketchup

Started Somersizing 3-01
270/175/175
sdbruce@amerion.com

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Author	Posting
jdt	Posted - 17 September 2003 8:5  

Here's a recipe I hope y'all like:

Bacon grease and butter melted in a large skillet
Add chopped cabbage, let soften for a while
Add canned corned beef, broken up
Add chopped bacon
Warm together and enjoy!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Steak with Tarragon-Dijon Butter**

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Author	Posting
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matantej Posted - 11 January 2006 15:43  

Grilled Steak with Tarragon-Dijon Butter

The flavors of tarragon and mustard go well with beef. Serves 2

2 Strip steaks (8-oz each)

4 Tablespoons Butter, softened

2 teaspoons Tarragon

1 teaspoon Dijon-style mustard, prepared

Blend the softened butter, tarragon and mustard. Place on plastic wrap or parchment. Roll into a cylinder about $\frac{3}{4}$ inch in diameter. Refrigerate until needed. Grill the steaks to the desired temperature. Cut the butter into $\frac{1}{4}$ -inch slices. Place on the warm steak and serve immediately.

Janet

started over again 1-1-05

286/263/?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BBQ Cabbage and Bacon Slow Cooker**

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Author	Posting
mamabj	Posted - 17 February 2006 8:11  

I saw this on the BBQ U show and somersized it. It is incredible.

Cut core out of medium sized head of cabbage. Place in crockpot, hole side up with a small amount of water.

Brown 1 lb bacon, drain and crumble into cabbage head.

Pour sugar free BBQ sauce over top and leave in crockpot on low.

I start it in the morning and it's ready when you get home from work.

This is really an easy meal. I used red cabbage, but green would be fine. Even my granddaughters liked it.

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Author	Posting
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Debits2000 Posted - 15 February 2006 18:20  

Does anyone have a recipe for gravy? I am looking for a way to thicken the pan drippings. Thanks!

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Author	Posting
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Clovermuncher	Posted - 12 August 2005 4:59  
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Pizza roll meatloaf:

2 pounds ground beef
 1/4 cup onion, chopped
 3 teaspoons bottled fresh minced garlic, divide or equivalent fresh garlic, minced
 1 1/2 teaspoons dried basil leaves, divided
 1 1/2 teaspoons oregano leaves, divided
 1 teaspoon fennel seed
 1/2 teaspoon crushed red pepper, divided (optional)
 2 1/8 teaspoons salt
 1/2 cup + 2 tablespoons water, divided
 1/2 cup plain pork rinds, crushed
 2 tablespoons tomato paste
 1/4 cup Parmesan cheese, grated
 8 ounce package mozzarella cheese, sliced
 1/2 cup fresh mushrooms, chopped or a 4 ounce can of mushroom slices, drained
 1/2 cup pepperoni slices

Mix ground beef, onions, 2 teaspoons garlic, 1 teaspoon basil, 1 teaspoon oregano, fennel seed, salt and crushed red pepper if using, 1/2 cup water and pork rinds. Mix well for 1 minute.

Shape into a 10" x 14" rectangle on waxed paper or aluminum foil. Set aside.

Mix tomato paste, remaining garlic, basil, oregano and remaining 2 tablespoons water. Spread evenly over meat. Sprinkle parmesan evenly over sauce, lay mozzarella slices over Parmesan cheese. Top with pepperoni slices, then mushrooms.

Carefully roll meat from 10" side into a roll resembling a cake roll, using waxed paper or foil to help roll. Seal seam by pinching together well, and seal ends by pinching together so cheese will not leak out.

Bake 1 hour at 350 degrees. Let stand loosely covered with aluminum foil for 10 minutes before slicing into 8 equal slices.
 Enjoy!

Think of all the beauty still left around you and be happy.

Anne Frank (1929 - 1945)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Sandwiches**

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Author	Posting
mamabj	Posted - 7 February 2006 8:34  

Here is a recipe for Beef Sandwiches that is totally awesome. Can be used with the pro/fat buns.

Place a London Broil in a slow cooker (3-4 lbs)
1 jar Pepperocini Peppers w/liquid
Cook overnight or 12 hours.

In the morning, shred the beef and pull out the pepper stems. Put back in the slow cooker.

Add a packet of au jus mix (I use McCormick's). Cook on low until evening.

That's it. It is incredible. I have used this for work parties, any time you have a bunch of guys around, or just want a good beef sandwich. I have even used it for potlucks at work. There is never any left.

I hope you enjoy it as much as we do.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Zesty Meatloaf**

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Author	Posting
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JCnmyheart Posted - 2 May 2005 18:47  

Made this tonight and it was fantastic:)

2lbs. ground beef
1 egg
1/2 cup parmesan (powder)
1 cup Pace Picante salsa

Mix all together till mixed through. Shape into a loaf and bake covered w/foil for 45 mins. Then take cover off and bake for an hour uncovered. About 15 mins before it's done top with salsa and finish cooking. This was really good:) Nice twist to the sweet sauce meatloaf we always eat:)

JCnmyheart <><

There is no key to happiness. The door is always open.

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Author	Posting
iwillrejoice	Posted - 21 January 2006 12:4  

For missy2. This actually came from a Turkish cookbook, not a Greek one. I adapted it from that to this about 30 years ago. I'll post it "as is", with suggestions on how I would SS it in parentheses.

Mousaka

1 pound ground beef
 1 cup chopped onion
 Olive oil
 1 cup water
 1/2 cup tomato paste
 2 tablespoons minced parsley
 1 stick butter (1/2 cup)
 Salt & pepper
 2 medium eggplants
 Flour (omit, or use plain whey protein powder, or ground dried mushrooms, or for Level 2, dust with low-carb flour)
 1/2 cup bread crumbs (I'd use grated Parmesan)
 2 eggs, well-beaten
 1/2 cup grated cheese

Brown the meat & onion in some olive oil.
 When well-browned, add water, tomato paste, parsley, butter, & salt & pepper & let it simmer on low for 1 hour or more, until sauce is thickened. In the meantime, peel & cut lengthwise the eggplants in 1/4" thick slices. (slice thin!)
 Sprinkle with a little flour (sub. or omit) & sauté in olive oil to a golden brown.
 Add 2 tablespoons bread crumbs (Parmesan) to the meat sauce & mix well. Butter a baking dish well & sprinkle with some bread crumbs (Parmesan). Place 1/2 of eggplant slices in the dish, & spread 1/2 of the meat sauce on top - repeat.
 Pour eggs on top & spread evenly.
 Sprinkle with cheese & bread crumbs (sub., or omit) & bake at 350° for 30 minutes or until golden.
 Serve with cheese sauce, if you want - I usually don't.

Thanks for reminding me of this. I haven't made it in 5 years! I guess I forgot about it.

Hope it works out for you. Let me know how you tweak it, OK? I'm always interested in seeing how other people Somersize things.

Gail

...minus 43 and counting...

Edited by - iwillrejoice on 1/21/2006 3:27:00 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bistek (Beefsteak Filipino)**

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Author	Posting
marie172	Posted - 10 October 2005 18:22  

Bistek

2lbs steak, sliced thinly, in bite size pieces
2T lemon juice
3T soy sauce
1/2t black pepper
salt to taste
1c thinly sliced onion rings
1/4c oil
1/2c water

Marinate the meat in the lemon juice, soy sauce, peeper and salt. Cook the rings of onion in oil until transparent. Transfer to a serving dish, eaving oil in skillet. Add meat to skillet (reserving the marinade) and cook over high heat, stirring often, until tender. Transfer meat to serving dish. Add marinade and water to skillet. Simmer until reduced and pour over meat and onions.

I had this the other day in a restaurant, and they also added some red peppers (sweet ones).

The first time I tried this in the US, I felt the lemon wa stoo strong. In the Philippines, they use a different fruit that is a cross between a lemon and a lime, called calamansi, which I prefer.

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Author	Posting
carolannb	Posted - 15 January 2006 16:5  

Mexican Lasagna

Ingredients:

1-½ lbs ground beef
 1 tsp ground cumin
 1 Tbs chili powder
 1 tsp salt
 ½ tsp black pepper
 ¼ tsp cayenne pepper, or to taste
 1 can (14-1/2oz) tomatoes, diced and undrained
 10 large corn tortillas
 2 c ricotta cheese
 1-½ Monterey Jack cheese w/chile peppers (I used Monterey and Cheddar mix)
 1 egg, lightly beaten
 1 small can (4oz) sliced black olives, drained
 ¾ c grated Cheddar cheese
 1-½ c shredded lettuce
 ¾ c chopped fresh tomatoes
 4-6 green onions, chopped (including green tops)

Directions:

Brown ground beef, drain well. Add cumin, chili powder, garlic powder, cayenne, salt, pepper and canned diced tomatoes, cook until thoroughly heated. Cover bottom and sides of a 13 x 9 inch baking dish with the corn tortillas. Pour beef mixture over tortillas, place a layer of tortillas over meat mixture and set aside. Combine ricotta cheese with Jack cheese and egg, pour over tortillas. Bake at 350 for 30-40 minutes. Remove from oven, garnish top with narrow strips of Cheddar cheese, lettuce, tomatoes, green onions and olives.

I just made this for a baby shower and it was really good (yes, I did eat the tortillas). But...this would be good I think made without the tortillas.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Prime Rib**

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Author	Posting
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Diane Marie

Posted - 9 February 2004 5:22  

Does anyone have a receipe for Prime Rib. I love making Prime Rib but my normal way is not SS'd :(

Thanks,

Diane

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Hamburger Gravy & Mashed Cauliflower**

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Author	Posting
DebB	Posted - 13 February 2004 18:39  

I just made this a couple nights ago and is it good! My 'tweaks' are at the end. *Ü*

HAMBURGER GRAVY AND MASHED CAULIFLOWER

1 pound hamburger
 1 stalk celery, finely chopped
 2 tablespoon onion, chopped
 3 ounce (about 8 small) mushrooms, minced
 1/2 cup chicken broth
 3/4 cup heavy cream
 Salt and pepper, to taste
 1 1/2 bags frozen cauliflower (16 ounces per bag)

Brown the hamburger, celery and onion in a large skillet; drain fat. Add the minced mushrooms, salt and pepper. Cook until mushrooms are tender. Add the broth and cream; bring to a boil. Simmer until liquid has reduced by half and thickens. Season, to taste. Meanwhile, cook the cauliflower until very tender, about 8 minutes; drain well. Mash and add some butter; season to taste. Serve the meat sauce over the cauliflower or just mix it all together. Makes 5 servings (8 carbs each)

Linda Sue @ Atkins

Deb's notes: I made this exactly to recipe, except I used a 4oz can of mushrooms that I diced. They were just fine in here. I doubled the liquid and it took about 20+ minutes to condense and thicken. I also added 1 Knorr beef bullion cube to the liquid. Watch the amount of salt you add, as the cube is salty.

For the mashed cauliflower, this is our favorite way: I use one head of caul. (can you frozen - it's fine. I would use 2 pounds frozen). Cut into florets (stems and all). Place in pan with around 1 cup water and 1 Knorr beef bullion cube. Cook until fork tender.

Put the cauliflower into a potato ricer and squeeze all the water out. Do not "rice" the caul. Scoop the caul. into the food processor. Add one large spoonful of sour cream, a handful of grated cheddar cheese, some salt & pepper. Process until smooth. So good!!

You do not need to use a food processor. I've read a mixer or stick blender works very well.

I love my "potato ricer" for squeezing the water out of the caul. (also works great for squeezing the water out of frozen, chopped spinach). I bought an Oxo brand at Bed, Bath & Beyond for \$20. There is a less expensive ricer, but the Oxo is much nicer, although I'm sure the cheaper one would work just fine.

This is what a potato ricer looks like: *Ü*

<http://www.amazon.com/exec/obidos/tg/detail/-/B00004OCJQ/103-7969819-4968603?v=glance>

Or type in 'oxo potato ricer' into the search on google.com and you'll get an idea.

Started Somersizing 3-01
270/175/175
sdbruce@amerion.com

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BOTTOM ROUND**

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Author	Posting
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myboys Posted - 1 December 2005 5:15  

HI, DOES ANYONE OUT THERE HAVE A GOOD RECIPE FOR POT ROAST OR ANY OTHER RECIPE USING A BOTTOM ROUND? I HAVE USE MY SLOW COOKER FOR A CHUCK AND THAT COMES OUT REALLY GOOD BUT I THINK THE BOTTOM WILL TURN OUT STRINGY. ANY SUGGESTIONS?? THANKS!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ground Beef**

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Author	Posting
debsask	Posted - 12 January 2005 8:38  

Anyone have some recipes using ground beef?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Unstuffed cabbage rolls/cabbage rolls**

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Author	Posting
JCNmyheart	Posted - 19 November 2005 7:34  

Cabbage rolls/unstuffed cabbage casserole

Cabbage

1# gr. beef

1# jimmy deans sausage, regular flavor

1/4-1/2 cup parmesan

1 egg

1 or 2 diced bell pepper

1 diced onion / I used dehydrated onions in my meatballs

2 14oz (I think) cans tomato sauce

juice of a lemon and splash of vinegar

splenda

SAUCE: all tomato sauce, some diced pepper and onion. Also add juice of lemon and splenda to taste. Plus 1 splash of vinegar. Simmer

Blanch cabbage until leaves are loosened, while that is steaming, I mix the meat balls. Mix all meat, egg, parmesan, some diced pepper and dehydrated onions. Roll into 1/2 inch balls. Rap meat mixture in cabbage and layer in a single layer in a large baking pan that has been greased or layered with foil. Pour sauce over rolls and bake 1 1/2 - 2 hours. When I get to the cabbage that is too small to roll or too stiff, I use another pan and layer the cabbage and meatballs and top with sauce. I bake both pans together. This is a family favorite.

** We also do all the above ingredients except we don't wrap the cabbage we dice it and put into a pot and cook same time table but we call it unstuffed cabbage roll soup.

JCNmyheart <><

Pampered Chef Consultant

<http://www.pamperedchef.biz/chanonmalone>Click [here](#) to show the most recent reply first.Click [here](#) to close thread (administrators & moderators only).[Show All Forums](#) | [Back](#)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Maystard Burgers?**

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Author	Posting
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WinterRose68 Posted - 17 September 2005 11:52  

Several years ago there was a recipe for Maystard Burgers. Does anyone remember this recipe. I lost my recipes while moving and would love to have this one again.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Alice Jo's Spaghetti Sauce (YUM!)**

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Author	Posting
DebB	Posted - 11 October 2005 16:49  

I saw this on Paula's Home Cooking the other day and tried it. We loved it! My notes are at the end... *Ü*

Alice Jo's Spaghetti Sauce - food tv

- 1 1/2 pounds ground beef
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 1 clove garlic, chopped
- 2 (6-ounce) cans tomato paste
- 1 (8-ounce) can tomato sauce
- 1 (14 1/2-ounce) can stewed (or diced) tomatoes (see * note)
- 1 tablespoon Italian seasoning
- 1 tablespoon Worcestershire sauce
- 2 tablespoons sugar (use equivelant sweetener)
- 1 teaspoon salt
- 1 cup water

Brown the beef in a large, heavy bottomed pot, then drain off the fat. Add the onion, green pepper, and garlic and saute until the onion is tender, about 5 minutes. Add the tomato paste, tomato sauce, stewed tomatoes, seasonings, and water. Simmer for 30 minutes. Let cool. The sauce will keep for several days covered and refrigerated.

http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_31476,00.html

Deb's notes: I've read that Muir Glen brand stewed tomatoes has no added sugar. All other brands I've checked have added sugar - so a heads-up on that. Actually though, Paula used diced tomatoes when she made it.

I don't care for cooked green peppers, so I subbed jarred roasted red peppers as their skin is already removed.

I always increase the garlic - ha!

I also simmered it 2-3 hours, well, just because I like to. Enjoy!

I served it over zucchini "noodles" that I make using Joyce Chen's Asian Spiral Slicer as they come out like angel hair pasta. I don't cook these, just ladle the hot sauce over them and call it good. The noodles will give off their water, thus watering down the sauce - but we don't mind.

Add a side salad and some garlic "toast" (I will post this in Potpourri - it's made from melting mozz. cheese sticks), and you've got a great tasting meal.

Started Somersizing 2-01
Our favorite Tried & True SS recipes:

<http://recipecircus.com/recipes/SomersizinDebB/>

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Osso Bucco with Gnocchi**

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Author	Posting
mjlibbey	Posted - 6 October 2005 23:28  

Hi! I made this last weekend hoping to have some for lunch the next day. They ate it all! Enjoy
 PS: Many have had trouble making ricotta gnocchi. A few have had success. So, it's up to you to include them or not.

BEEF OSSO BUCCO with GNOCCHI(mjlibbey)**Chuck Roast**

olive oil to grease a dutch oven/roasting pan

pearl onions, peeled

4 cloves of garlic, minced(can use jarred)

celery stalks, cut into large bite size pieces

mushrooms, sliced

green beans

red bell pepper

1 tablespoon Italian Seasoning

1 cup beef stock

1(28 ounces) can whole peeled tomatoes, cut in half (use juice)

sea salt and pepper to taste

Combine all ingredients in a Dutch Oven/roasting pan. Roast in a preheated 350* oven for around 2 1/2 to 3 hours. Depending on the size of the chuck roast. Place frozen gnocchi in the juice of the roast 10 to 15 minutes before removing from oven (be gentle with them when serving).

RICOTTA GNOCCHI(mjlibbey)

15 oz. container whole milk ricotta cheese

1 whole egg

1/8 teaspoon nutmeg

1/2 cup Kraft grated Parmesan cheese (green can)

1/4 teaspoon sea salt (optional)

More parmesan for coating

The night before, put a paper towel in a bowl. Take the ricotta out of the container in one lump and set it bottom side down onto the paper towel. Cover with plastic wrap and refrigerate.

When ready to make, remove paper towel, beat ricotta with a wooden spoon until soft and light. Add in egg, nutmeg and salt (if using), beat together.

Add parmesan cheese and keep beating until well combined(don't over do).

Using two teaspoons or tablespoons (depending on how big you want the gnocchi) scoop up batter in one spoon and place the other one on top.

Making an almond shape. Remove the top spoon and scrape off excess. Place gnocchi on a plate that has been covered with the extra parmesan cheese.

Roll the gnocchi gently in the cheese to cover. Freeze on a cookie sheet.

When solid place in freezer baggie.

Gently drop the gnocchi into a pot of simmering water (may salt water if desired). It will sink to the bottom. When it rises and floats, cook for 3 (teaspoons) to 5 (tablespoons) minutes. Remove with a slotted spoon. Drain

on paper towel. Serve immediately.

NOTE: I don't have amounts for the veggies. Use as many as you like.

Edited by - mjlibbey on 10/6/2005 11:52:38 PM

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Author	Posting
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glassart Posted - 15 June 2005 9:24  

I need a recipe for smokey chipotle marinade. I bought a package of it and we LOVE it but now I can't find it....HELP!!!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Steak with Shallot-Gorgonzola Butter or 3 Chili**

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Author	Posting
sparkles	Posted - 22 September 2005 16:22  

Steak with Shallot-Gorgonzola Butter

Makes 4 servings.

Can you tell I like to use compound butters with steaks for a quick change of pace?

6 tablespoons (3/4 stick) butter, room temperature
 3 1/2 tablespoons crumbled Gorgonzola cheese (about 1 1/2 ounces)
 3 tablespoons minced shallots
 2 teaspoons chopped fresh chives
 4 8- to 10-ounce rib-eye steaks (each about 3/4 inch thick)

Using fork, mix 4 tablespoons butter, Gorgonzola cheese, shallots and chives in small bowl until well blended. Season with salt and pepper. Divide mixture into 8 equal pieces; form into balls. Cover and refrigerate until cold. (Can be prepared 1 day ahead. Keep refrigerated.)

Melt 1 tablespoon butter in each of 2 heavy large skillet over high heat. Sprinkle steaks with salt and pepper. Add 2 steaks to each skillet and cook to desired doneness, about 3 minutes per side for medium-rare. Transfer steaks to plates. Top each with 2 balls of shallot-Gorgonzola butter and serve.

OR

3 Chili Butter...

2 dried guajillo chiles, stemmed, seeded, thinly sliced
 2 dried ancho chiles, stemmed, seeded, thinly sliced
 1/2 cup (1 stick) butter
 3 shallots, chopped
 2 whole chipotle chiles (from can), drained, stemmed, seeded, chopped
 1 cup water
 2 tablespoons chopped fresh chives

Heat large skillet over medium-high heat. Add guajillo and ancho chile slices. Toast until fragrant and beginning to darken, stirring often, about 30 seconds. Add butter, shallots, and chipotle chiles. Stir just until chiles are coated with butter and shallots begin to soften, about 2 minutes. Add 1 cup water and simmer until dried chiles are soft and all water has evaporated, about 15 minutes. Mix in chives; season with salt. (Can be made 1 day ahead. Cover and chill. Rewarm before using.)

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Author	Posting
sparkles	Posted - 22 September 2005 16:2  

Rib Eye Steaks with Bearnaise Butter

Serves 2. Big rib-eyes can be cut in half to serve four. Steaks: quick and easy. :-)

1/4 cup dry white wine
 1 tablespoon minced shallot
 1/4 teaspoon dried tarragon
 5 tablespoons butter, room temperature
 1 tablespoon minced fresh tarragon
 Olive oil
 2 12-ounce rib-eye steaks (each about 1 to 1 1/4 inches thick)

Boil wine, shallots and dried tarragon in small saucepan until liquid evaporates, about 2 minutes. Cool completely.

Mix butter and fresh tarragon into shallot mixture. Season with salt and pepper. Form butter mixture into log; wrap in plastic and chill until firm. (Can be made 3 days ahead. Keep chilled.)

Cut butter into 1/3-inch-thick slices. Bring to room temperature before continuing.

Brush large nonstick skillet with oil; heat over medium-high heat. Sprinkle steaks with salt and pepper; add to skillet. Cook to desired doneness, about 5 minutes per side for medium-rare. Overlap butter slices atop steaks and serve all melty.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **need recipe for bbq beef ribs!**

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Author	Posting
KatyJ	Posted - 11 August 2005 21:13  

theyre my absolute favorite but i dont know how to make the ribs tender.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **BBQ Beef Ribs Cuban Style**

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Author	Posting
wired_foxterror	Posted - 3 January 2005 12:55  

BBQ Beef Ribs Cuban Style

4 lbs beef short ribs trimmed
 2 Tbsp olive oil
 1 Tbsp paprika
 1 Tbsp fresh parsley chopped
 1 tsp dry oregano crushed
 1 cup tomato sauce
 1 cup crushed tomatoes, seeds & cores removed
 1/2 cup yellow onions peeled, ends removed, finely minced
 3 Tbsp brown sugar substitute
 1/2 tsp dry mustard
 1 Tbsp ground black pepper
 1/2 stick butter

Trim all fat from the ribs and cut into single serving size pieces.

Heat a heavy skillet, place trimmed ribs into pan and cover with water. Cover and bring ribs and water to a boil, reduce heat and simmer covered for 2 hours.

Heat small saucepan on medium. Add oil and butter and heat until it begins to foam. Quickly add onion, paprika and oregano and cook, stirring constantly, for 2 minutes. Immediately add remaining ingredients EXCEPT PARSLEY, bring to a boil, and then reduce heat. Simmer, uncovered for 5 minutes, stirring frequently.

Dredge each rib piece in the heated sauce and place in crockpot which has been preheated to medium or low heat. Pour remaining sauce from the saucepan to the crockpot. Cover and cook for an additional 1 hour, stirring after 20 minutes.

Serve hot and garnish with parsley.

Enjoy!
 wiredfoxterror

Losing-Losing-Gone!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: *****Slow-Cooked Ribs**

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Author	Posting
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Twiggy88 Posted - 17 April 2005 5:17  

SLOW-COOKED RIBS

4 medium-sized ribs
2 Tbsp. vinegar
4 Tbsp. lemon juice
2 Tbsp. sweetener
1/4 tsp. cayenne pepper
1 Tbsp. celery salt
1 c. ketchup
1 c. water
3 Tbsp. Worcestershire sauce
1/2 Tbsp. ground mustard

Place ribs in slow cooker. Combine all other ingredients and pour over ribs (add ketchup or water to make thicker or thinner sauce). Cover and cook slow at medium setting for 6 to 8 hours. Ribs turn out tender and delicious. Serves 2.

***twiggy88
lowfat

Edited by - twiggy88 on 2/2/2006 11:46:25 AM

Edited by - twiggy88 on 11/29/2006 4:04:56 PM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **ISO Beef Short Rib Recipes**

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Author	Posting
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cheeser Posted - 17 March 2005 17:44  

I bought a large package of short ribs from Costco and have made 1/3 of it with a great recipe I found on epicurious.com. But now I am at a loss as to what to do with the rest....does anyone have any beef short rib recipes that they have tried & liked to share?

Thanks! :-)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ricotta beef pie..**

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Author	Posting
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carolannb Posted - 19 January 2005 10:42  

I don't remember exactly where I found this..I searched here and it didn't come up so here goes..

2 pnds Ricotta

5 eggs

16 oz shredded mozzarella cheese

1/4 pnd any of the following: pepperoni proceitta, sausage, ham or salami, cut into small pieces (I used 1 pnd Italian sausage which I think gave just the right amount of meat)

Grated romano cheese (I used Parmesan) and black pepper

Mix together all of the above ingredients. Pour into 9x13 dish. Bake at 35 for 1 hour or until golden brown. You can also top it with spaghetti sauce and it taste just like lasagna.

Carol

233/215.5/200

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Author	Posting
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phoffer	Posted - 6 October 2004 17:49  
---------	---

4 Lg red bell peppers
 3/4 lb ground round chuck
 1/2 lb ground pork
 1 medium onion chopped
 2 garlic cloves minced
 2 tsp beef bouillion granules
 2 tsp House dressing, which follows after recipe below
 1 Cup mock rice using Cauliflower grated.
 1/2 cup jarred cheese and salsa
 1/2 sour cream
 1 cup diced tomatoes
 1/2 cup chopped green onion tops
 1 TB soy sauce
 1 Cup Hot water
 Preheat oven 350 degrees
 cut peppers half length wise leave stem intact. remove seeds and ribs
 Using hot skillet saute the ground beef, pork onion and garlic, 1 tsp of beef granules and house seasoning together.
 Saute until onions become translucent
 Drain off fat
 Add the grated cauliflower, cheese sour cream tomatoes, green onion tops, and soy sauce
 Mix well and stuff the mixture into a shallow casserole large enough to hold all the peppers. Place peppers in the dish cover with foil and bake about 25 to 30 minutes, Remove the foil and spoon the juice from bottom of the dish over the top of peppers, bake for another 10 to 15 minutes

House Seasoning:

1 cup salt

1/4 Cup black pepper

1/4 Cup garlic powder

Mix ingredients together and store in a airtight container for up to 6 months.

I found this recipe in my cookbook with Paula Dean and sons. I tried it and it is sooooooo good, hope you enjoy it too.

Patricia Hoffer

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Herb Rubbed Tri Tip**

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Author	Posting
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WEESERS Posted - 9 July 2005 17:7  

I don't make tri tip very often because of its cost, but it was on sale and I tried this really good rub on it.

Herb Rubbed Tri Tip

1 Tbsp salt
1/2 tsp of each of the following:
garlic salt
celery salt
1/4 tsp of each of the following:
pepper
onion powder
paprika
dill
sage
rosemary

1 1/2 to 2 pound tri tip

Trim off the fat. Moisten with water. Combine the seasonings. Sprinkle on the meat and rub in. Grill over medium coals 25 to 30 minutes, turning after 15 minutes. Let stand for 10 minutes before carving.

After about 20 to 25 minutes I start watching the internal temp with an instant read thermometer. 135 for rare, 145 to 150 for medium.

Started 6/20/03; 181/141/130

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **easy shephard pie**

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Author	Posting
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zookeeper Posted - 14 June 2005 11:18



I used to make regular shephards pie all the time for my husband, and I modified it for SS. I don't like anybody elses version. Real picky that way I guess, lol

1 lb. ground beef
1 small onion, chopped
2(15oz)stewed tomatoes, not drained
1 can green beans
1 can corn(I make two dishes, 1 for fam.)
2 bags frozen Cauliflower
4 TBsp. cream cheese
2 c. cheese(I use mexican blend from Costco

Cook onions and ground beef until done, put in 9 x 13 pan, add tomatoes, beans and corn(opt)
Cook cauliflower until soft, and mash w/ cream cheese, add salt and pepper to taste. Layer on top of casserole and top w/ cheese. Bake in oven, uncovered @350 for 25-30 min. or until bubbly.(sometimes after I like to put in top broiler for 3-5 min. until cheese is a little crusty.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Taco casserole..off DebB's website.**

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Author	Posting
carolannb	Posted - 2 July 2005 13:33  

Taco Casserole

Preheat oven to 350 degrees.

2 c Mexican cheese blend
 4 oz cream cheese
 3 eggs
 1/3 c cream
 1/4 c parmesan cheese (powdered)
 1 small can diced green chilis
 1 tsp chili powder
 1 pound ground beef and chopped onion to taste, browned in 4 tsp taco seasoning

Beat together softened cream cheese and eggs until smooth. Stir in cream, parmesan cheese, green chilis and chili powder.

Spray 9 x 13 pan with PAM. Sprinkle 2 cups Mexican cheese blend into dish. Spread ground beef over cheese mixture and pour egg mixture over it. Bake for 35 min. Let stand for 5 minutes.

DebB's notes: I serve this with slice tomato, salsa and sour cream. I sometimes add shredded lettuce. (When I email DebB she also said that she makes this in pie pans.)

Carols notes: I make this in a 7 x 11 baking dish and I also sprinkle cheddar cheese on top before baking. Instead of the Mexican blend of cheeses if not on hand, I used 1/2 Jack and 1/2 Cheddar. I use a 9 x 13 pan when I double it.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Fandango Sirloin Steak**

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Author	Posting
matantej	Posted - 19 June 2005 9:16  

1 boneless top sirloin steak (approx. 1-1/2 lbs. cut 1-inch thick.)
1 Tablespoon garlic powder
1/2 Tablespoon granulated sugar (use substitute)
1 teaspoon white pepper
1 Tablespoon salt
1 Tablespoon chili powder
1/2 Tablespoon coriander seed
1/4 teaspoon cayenne pepper
olive oil
Cut sirloin steak into four equal portions. Combine seasonings and lightly press mixture into both sides of steaks. Brush meat generously with olive oil. Cover and refrigerate overnight.
Grill steaks on high heat. For medium rare. (3-1/2 minutes each side) Adjust timing per preference of rare to well done.

This is from direct recipes.

Janet
started over again 1-1-05
286/263.5/?

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **taco meat**

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Author	Posting
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leener3boys Posted - 8 February 2004 12:20  

I am looking for a good recipe (CP is fine too) for taco meat and the cheese like Suzanne had on HSN this weekend. I want to do the "taco shell" that she showed-looked yummy. Any ideas?

Eileen

mom to 3 young boys-trying to stay healthy for them AND me

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Author	Posting
ecohousekeeper	Posted - 14 April 2004 16:58  

This is my version, goodbye to tacos and hello taco salad.

TACO MEAT ~ Level 1 Serves 2

1 lb. of ground beef
 1 T. canola oil or whatever kind you like
 1/4 onion, diced
 1 clove of garlic, diced
 salt & pepper to taste
 dash of cayenne powder
 dash of ground coriander
 dash of oregano
 dash of cumin
 dash of paprika
 2 teaspoons chili powder
 half of a 16 oz. jar of pasta sauce

Heat a skillet/pan on med-med high. Once it gets nice and hot add the canola oil. Let that heat up and then add the onion. Heat until translucent, about a minute. Add ground beef and break up the meat. After a minute stir in the garlic. Add salt and pepper to taste. After the beef is 3/4 of the way cooked, add all the spices and stir well. Add the pasta sauce and simmer on med-low. Now get the salad ingredients prepped.

SALAD INGREDIENTS

Half a head of Romaine lettuce, broken in small pieces
 Salsa to taste
 Sour Cream to taste
 Shredded cheddar or your favorite cheese
 Tomatoes, chopped (optional)

Divide the lettuce onto the plates, spoon the taco meat on top. Add salsa next, then sour cream, cheese and finish with tomatoes.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef with Soy Mustard Glaze**

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Author	Posting
iwillrejoice	Posted - 14 June 2005 2:31  

This is quick & easy, & REALLY good!

Beef with Soy Mustard Glaze

- 1/4 cup soy sauce
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice (I actually used lime juice)
- 4 cloves garlic, peeled
- 1 teaspoon minced (or grated) fresh ginger root
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/2 teaspoon chopped fresh rosemary leaves (optional) (or about 1/6 teaspoon dried rosemary - what I used)
- 6 rib-eye steaks (8 ounces each)

Combine soy sauce, mustard, lemon juice, garlic, ginger, thyme, pepper, & rosemary in blender container.

Cover & whirl until smooth.

Brush both sides of steaks with mixture.

Grill or broil 4 minutes.

Turn over & brush with remaining sauce mixture.

Cook 4 minutes longer (for medium-rare), or to desired doneness.

Makes 6 servings

Gail

...minus 26 and counting...

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **SisterPat's Stuffed Cabage Rollups**

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Author	Posting
Pat Polito	Posted - 19 May 2005 15:51  

Ingredients:

1 lb. ground beef
1 onion, chopped
1 egg, beaten
1/2 cup water
15oz. can Tomato sauce
1 tsp. somersweet
1 tsp. cut parsley
3/4 cup chopped celery
cabbage leaves
salt and pepper to taste

Mix together the meat, onion and egg, salt & pepper. Make sauce with remaining ingredients, except cabbage and cook 10 mins. Boil cabbage leaves till tender. Put 2 Tbsp. meat mixture in each leaf and roll up. Secure with toothpick. Place in a baking dish and pour sauce over rolls. Cover and bake 2 hrs. at 325.

SisterPat

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Crockpot Stiffado?**

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Author	Posting
Leah Marie	Posted - 19 May 2005 7:30  

I am thinking about making this, but it has allspice and cinnamon. Is this legal?

I guess I could leave it out, if not...

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **mashed cawiflower & meatloaf pie**

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Author	Posting
fernande	Posted - 4 May 2005 14:14  

copied from a post by tryinghardtlose in Febuary: "I just wanted to share how great this dish was. Growing up I always looked forward to my Mom's Potato Meat pie. Nothing extravagant, but I just loved it. She always makes it for me if we go over for dinner. I decided to make it the other night Somersized!!! Using mashed cauliflower, I'm happy to report, it tasted exactly the same as Mom makes!!!! My husband took the leftovers to work the next day and called me to say thanks for dinner last night!!!! I think he liked it!!!!!!

It is so simple to make. I brown hamburger meat, add seasonings (garlic powder, little chili powder, onions, peppers and more garlic!) layer pan with mashed cauliflower, sprinkle with Parmesan cheese, add hamb. meat, layer of mozz. cheese, cover with more mashed cauliflower. I put it in the oven to brown and serve. Hope you enjoy. It's so easy and can be made ahead. Substitute to your liking.
ANDREA"

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Author	Posting
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LilLooLoo Posted - 18 April 2005 17:34  

This is really good and just thought I would share with you all.

1 - 3 lb spaghetti squash cooked, stranded and drained really well.
 1 egg
 1 lb ground beef (I used ground chuck)
 1/2 chopped green pepper
 1 tsp. oregano
 2 oz mozzarella cheese shredded
 1 oz parmesan cheese (green can)
 3/4 ricotta cheese
 1/2 medium onion chopped
 1 tsp. basil
 1 and 1/2 cup crushed tomatoes (I used canned and drained most all of the juice off)

Stir egg and parmesan cheese together,mix well. Then add the squash and toss to completely cover. Spray a 10 inch glass/ceramic quiche dish with butter flavored oil. Pour the spaghetti into dish and pat up the sides and bottom of the dish. If you see juice/water coming through, take a clean paper towel and press in to help absorb some of the liquid. Bake 20 minutes at 350 degrees uncovered.

Meanwhile brown ground beef with onions, peppers and spices. Drain well. Add the tomatoes and simmer for 10 minutes. The spaghetti crust should be ready by now, so take the ricotta cheese and spread over the squash. Then spread the ground beef mixture over the ricotta. Bake another 20 minutes at 350 degrees. Remove and sprinkle as much mozzarella over the entire pie and return to oven until cheese melted.

This looks long and drawn out but is really easy to put together and boy is it good.

Enjoy!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Boneless Rump Roasts...**

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Author	Posting
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Leah Marie

Posted - 6 May 2005 10:39  

Boneless rump roasts are also on sale...Good to use? TIA :)

Edited by - Leah Marie on 5/13/2005 10:07:58 AM

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Taco Stoup with a Taco Toppings Salad**

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Author	Posting
MsTified	Posted - 19 April 2005 10:42  

Taco Stoup with a Taco Toppings Salad from Rachel Ray's "30-Minute GET REAL Meals"

Taco Stoup with a Taco Toppings Salad Rachel Ray "30-Minute GET REAL Melas"

4 tablespoons extra-virgin olive oil, divided
 1-1/2 pounds ground sirloin
 1 tablespoon ground cumin
 1 tablespoon ground coriander
 1 tablespoon chili powder
 1/2 tablespoon dried oregano
 1 large yellow onion, chopped
 3 garlic cloves, chopped
 Salt & Pepper, to taste
 1 15-ounce can stewed tomatoes
 1 quart chicken stock or broth
 3 limes
 1/3 cup mild taco sauce
 1 head iceberg lettuce
 1/2 pint cherry or grape tomatoes, halved
 1 handful fresh cilantro leaves, chopped
 1 handful fresh flat leaf parsley, chopped
 1 cup sharp Cheddar cheese, shredded
 Sour Cream, for garnish

KATE'S NOTES: I used beef stew meat instead of the ground sirloin. I used chopped Romaine instead of the iceberg lettuce (not my favorite). I used diced tomatoes instead of the stewed tomatoes. And, contrary to Rachel's 30-Minute meal deal – I cooked mine in the crockpot all day. It was fabulous and the meat was so tender!

Rachel's Version:

1. Heat a medium pot over medium-high heat. Add 2 tablespoons oil and heat. Add the ground sirloin. Brown the meat, breaking it up with a wooden spoon. Season it with the cumin, coriander, chili powder, oregano, onion, garlic, salt and pepper.
2. Stir to combine and continue to cook for 5 minutes. Add the stewed tomatoes and chicken stock, then bring the soup up to a boil. Reduce heat and simmer for 10 minutes.
3. While the stoup is cooking, prepare the taco toppings salad.
4. In a small bowl, combine the juice of 2 limes, taco sauce, salt and pepper. Whisk in 2 tablespoons of oil. Reserve the dressing.
5. In a salad bowl, combine the shredded lettuce, tomatoes, half of the chopped cilantro, parsley and cheese. Pour the dressing over the salad and toss to combine.
6. Squeeze the juice of the remaining lime into the stoup. Ladle the stoup

into serving bowls, top with Taco Salad and garnish with a small dollop of sour cream and a sprinkle of cilantro.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~

MsTified (Kate)

05/2001: 148/126 (reached goal)

Started again: 12/28/2004 - 133.5/134/126

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Italian Spaghetti Squash Alfredo**

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Author	Posting
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LilLooLoo Posted - 18 April 2005 17:48  

This too is really delish too.

1 - 3 lb spaghetti squash cooked, stranded and drained well.
1/4 lb cooked ham or chicken diced
1 cup frozen snow peas
1 cup heavy cream (I used Nestles Table Cream)
1/4 cup parmesan cheese (green can)divide out 3 TBS and save for later
salt and pepper to taste

In large skillet melt butter. Add ham or chicken and saute 1 minute. Add the snow peas and cook another minute. Add pepper and cream and parmesan cheese. Cook stirring 2-3 minutes until cream thickens, add squash and toss to blend. At this point I taste to see if it needs salt. Serve up into your serving dish and sprinkle with 3 TBS parmesan cheese.

Really easy and just serve with salad. My favorite is the chicken. Enjoy.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: *****Slow Cooked Swiss Steak**

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Author	Posting
Twiggy88	Posted - 17 April 2005 5:16  

SLOW COOKED SWISS STEAK

3 to 4 lb. round steak
1 can stewing tomatoes
1 1/2 onions, sliced

Cut steak into serving size pieces; tenderize.
Lightly brown meat in medium skillet with small amount of oil. Layer steak pieces, onions and stewed tomatoes in slow cooker. Cook 6 to 7 hours on low or 3 to 3 1/2 hours on high

***twiggy88
lowfat

Edited by - twiggy88 on 2/2/2006 11:46:06 AM

Edited by - twiggy88 on 11/29/2006 4:04:38 PM

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Author	Posting
GARNET2002	Posted - 12 April 2005 0:27  

Hi all,

Here is a recipe I use to make years before I ever heard of somersizing and it was delicious. We ate them on buns with homemade cole slaw. My sister-in-law gave me this recipe. Can you all think it could be somerized. I made them so many times, I think my husband got foundered on them and couldn't make them for a long time, he ate to many..

Beef Bar-B-Q's

32 oz. bottle of catsup (the whole bottle)

1 onion chopped fine

1 teas. garlic powder

2 teas. chili powder

1/4 cup of white vinegar

1/2 cup worcestershire sauce

1 teas. liquid smoke

3 teas. brown sugar

2 cups beef broth from the roast

1/2 teas. dry mustard

2 to 3 lb. beef roast

salt and black pepper

I cooked the roast in the pressure cooker for about 1 hr. to get it really falling apart. (so it would shred) Take out and put in a big kettle and shred up with fork. Add all the ingredients to meat and let it boil down until it resembles sloppy joes. You might have to add a little water while everythings mixing up, and then let it boil down, or just use the broth if you had alot from pressuring it. When it does boil down nicely it's done. wondering what ya think!! Thanks...

GARNET2002

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **brachiolo**

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Author	Posting
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gloriacap Posted - 16 December 2004 19:58  

does any one know how to make brachiolo, a wrapped thin sliced flank steak??? It is Italian, and my father in law used to make it. I do not know the recipe, if any one can help I would appreciate it.

thank you in advance

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Grilled Rib-Eye Steak w/ Steakhouse Herb Butte**

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Author	Posting
iwillrejoice	Posted - 20 August 2004 14:36  

I love this herb butter. It's the tarragon - one of my favorite herbs!

Grilled Rib-Eye Steak w/ Steakhouse Herb Butter

4 boneless rib-eye steaks (or other steak cut)
Kosher salt (optional)
Sauteed mushrooms

Butter:

2 sticks (1/2 pound) butter, softened
1 large clove garlic, minced
1/2 cup chopped Italian parsley leaves
2 tablespoons chopped chives OR 2 teaspoons dried chives
2 tablespoons chopped tarragon leaves OR 2 teaspoons dried tarragon * (optional)
1 tablespoon lemon juice
1 teaspoon lemon-pepper seasoning (I know this is slightly funky, but you get so little per serving, that I choose to use it anyway)

Prep. time: 10 minutes
Cook time: 15 minutes

Spray or oil grill grid.
Preheat grill.
Dry meat surface with paper towel.
Rub kosher salt onto both sides of steak.
Cook steaks to desired doneness, turning once. **
Top steaks with Herb Butter & sauteed mushrooms.

For Herb Butter:

In a food processor or medium bowl with electric mixer, beat butter until light & fluffy.
Thoroughly beat in garlic, parsley, chives, tarragon, lemon juice, & lemon-pepper.
Along 1 side of a 12" piece of plastic wrap, spread half the butter about the size of a stick of butter.
Roll tightly into an even cylinder about 1 1/2-inches in diameter.
Twist ends of plastic wrap.
Repeat with remaining butter.
Refrigerate or freeze until butter is firm.
Slice butter into 1/4-inch discs.
Just before serving, place 1 or 2 discs atop each hot steak to melt.

* Vary butter flavors by substituting other fresh herbs - thyme, basil, rosemary, chervil, sage, or dill. Double the recipe to freeze or have on hand. If time permits, make ahead & refrigerate an hour to allow flavors to

develop & blend.

** To accurately determine meat doneness, use an instant-read thermometer. 135F. for rare, 145F. for medium-rare, 155F. for medium, 160F. for well done. When cooking steak, it is important to let it "rest" at least 5 minutes before cutting so juices can redistribute throughout the meat.

Makes 4 servings, & 1 1/4 cups Herb Butter

Courtesy of Kathleen Perry, "the everyday gourmet"

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Layered Enchilada Dinner**

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Author	Posting
AmyLS	Posted - 31 October 2004 16:30  

OMG, my dad doesn't like some of the food I make, but he loves this, gee think I'm gonna be making this for a while :)

Layered Enchilada Dinner

1 lb. lean ground beef
 1 small onion, chopped
 1 garlic clove, minced (I omitted)
 1 1/4 cups condensed cream of mushroom soup (from teh condensed cream of anything soup)
 1 (4.5 ounce) can chopped green chiles
 crepes (I used 9 six inch ones)
 3 c. shredded monterey jack cheese
 Paprika
 Chopped fresh cilantro

In large skillet, cook ground beef, onion and garlic over medium high heat until browned and throuoroughly cooked. Drain. Stir in soup and chiles. Spray 3 1/2 or 4 quart slow cooker with nonstick spray. Spread about 1/4 c. enchilada sauce on the botton of slow cooker. Cover with crepes (to make a single layer, you may need more than I did). Tip with 1/3 of beef mixture, spreading evenly. Top with 1/4 c. cheese. Repeat layering twice. Sprinkle paprika over top. Cover cook; on low setting for 4 1/2 to 5 1/2 hours. (I start it off on High for an hour or two, then turn it down to low). let stand about 5 minutes before serving. This makes about six servings

Started Somersizing 7/03 restarted 5/04
 135/130/122.5
 steffan@charter.net

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Author	Posting
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carolannb	Posted - 21 January 2005 23:15  
-----------	--

This is very good! Again I have to admit that I do not remember where I found this but...kudos to you!

1 lb ground beef
 1/2 lb Italian sausage
 1 clove garlic, minced
 2 Tbsp onion, chopped
 1/2 lb fresh mushrooms, sliced
 1 8oz can tomato sauce
 Salt, to taste
 1/2 tsp pepper
 1/4 tsp Italian seasoning, or to taste
 1 c shredded Mozzarella cheese

Topping:

1/2 c sour cream
 1/2 c mayonnaise
 1/2 tsp garlic powder
 1/2 tsp pepper
 1/2 c shredded parmesan cheese
 1 c shredded Mozzarella cheese

Brown the meats along with the garlic, onions and mushrooms; season with a little salt and pepper. Drain fat; stir in remaining ingredients. Adjust seasoning if necessary and put in a greased 7x11 baking dish.

Topping: Combine topping ingredients and spoon over surface of meat mixture. Spread evenly with a spatula. Bake at 350 about 40 minutes until topping is nicely browned.

I used 1 lb Italian sausage. I did not add the onion or the Italian seasoning and I used probably 10oz of the tomato sauce. I also used 2/3 c of the sour cream and mayonaise, also where it calls for 1 c cheese I actually used 1-1/2 c for the base and the topping. (I made these changes because I doubled the Italian sausage.) This really is good..my DH and my DD loved it. (My DD never likes anything!) :)

Carol
 233/215.5/200(1st goal)

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Succulent Sirloin Steak**

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Author	Posting
Sweet Dream	Posted - 2 March 2005 10:53  

I'm on a roll posting new steak recipes! Here's another one that you all may enjoy. I haven't made this one yet, but it sounds yummy. If you make it and like it, please let me know.

3 lb. top sirloin steak
3 Tbls. melted butter
2 Tbls. vegetable oil
1/4 cup soy sauce
2 Tbls. lemon juice
sugar sub. equaling 1 tsp. sugar
1/2 tsp. ground ginger
1 clove garlic, minced

Brown the steak in the melted butter and oil. Remove steak and combine the rest of the ingredients in saucepan. Simmer uncovered for 5 minutes. Pour sauce over steak in a 9 X 13 pan. Bake at 350 degrees until tender.

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Author	Posting
Corey Hickey	Posted - 29 March 2005 8:40  

Seeing that great cabbage recipe reminded me of my dear grandmother's stuffed cabbage. With substituting the bread crumbs for parm. cheese, it's a real winner!

Stuffed Cabbage Recipe

Cabbage

Lean ground beef or turkey (I use turkey)

Parm. Cheese

Garlic Powder

Onion Powder

All Spice

1 egg

3 onions

Sour cream

1. Cut 3 onions into slices or rings and carmalize in a skillet in 1 tablespoon of butter on low heat until carmelized. This your topping. Set aside.
2. Parboil your cabbage leaves until tender
3. In bowl, combine meat, egg, and a tablespoon each of garlic powder (not salt), onion powder (not salt), and all spice,plus 1 1/2 cups of Parm cheese. Mix well.
3. Begin filling cabbage leaves with a table spoon of meat filling and rolling it up in the leaf. Arrange in a baking dish and smother with carmelized onions. Bake covered with foil at 350 for 30 minutes. Serve with dollops of Sour Cream, salt and pepper.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **taco casserol**

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Author	Posting
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ednamartha Posted - 14 March 2005 9:26  

Long time ago their was a taco casserol posted and it was really good and I cannot find my receipe. Can someone post it again for me. thanks

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Sloppy Joes ~ by JustMe**

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Author	Posting
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DebB Posted - 18 October 2003 9:18  

Hi ~ Here's JustMe's recipe. I haven't made them, but they look good! *Ü*

Sloppy Joes

Brown a 1+ 1/2 lbs hamburger

Add 1/2 cup each finely chopped onion, celery, and green pepper.

salt and pepper to taste

When veggies are almost done add 15oz can of tomato sauce, 2TBLS vinegar,

sweetener equal to 2TBLS sugar, 1+1/2 tsp Worcestershire sauce and 1/4c

catsup (or maybe this could be left out if you don't have any legal catsup).

Let simmer until as thick as you like and serve.

JustMe @ SS site

Started Somersizing 3-01

270/175/175

sdbruce@amerion.com

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Author	Posting
Sweet Dream	Posted - 1 March 2005 20:21  

I got this recipe from Just Crockpot Recipes. It gives the flank a delicious flavor and is one of my favorite steak recipes. I hope you enjoy it as much as I do.

1 1/2 lbs. flank steak -- cut in half
 1 Tbls. vegetable oil
 1 large onion -- sliced
 1/3 cup water
 4 ozs. chopped green chiles
 2 Tbls. vinegar
 1 1/4 tsps. chili powder
 1 tsp. garlic powder
 sugar sub. equaling 1/2 teaspoon sugar (or just omit if you want)
 1/2 tsp. salt
 1/8 tsp. pepper

In a skillet, brown steak in oil; transfer to a slow cooker. In the same skillet, saute onion for 1 minute. Gradually add water, stirring to loosen browned bits from pan. Add remaining ingredients; bring to a boil. Pour over flank steak. Cover and cook on low for 7 to 8 hours or until the meat is tender. Slice the meat; serve with onion and pan juices.

Mmmm, yummy!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Round Steak with Garlic Wine Sauce**

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Author	Posting
Sweet Dream	Posted - 2 March 2005 5:51  

This recipe came from Meals.com and is another great way to flavor steak.

1 1/2 lbs. round steak
 1 tsp. salt
 1/2 tsp pepper
 4 Tbls. butter, divided
 2 Tbls. green onions, thinly sliced
 1 cup red wine
 3 Tbls. garlic cloves, crushed

Sprinkle a round steak with salt and pepper. Heat a heavy skillet and cook the steak until seared and well browned on each side, about 1 to 3 minutes on each side. Reduce the heat, then add 2 tablespoons butter. Cook an additional 3 to 5 minutes on each side. Remove the meat from the pan and keep warm.

Pour off fat, then add thinly sliced green onions and red wine. Bring to a boil and whisk in crushed garlic cloves. Boil until the liquid is reduced by half. Remove from heat and gently swirl in 2 tablespoons softened butter.

Slice the meat, against the grain, into thin strips. Arrange the slices on a hot platter, and pour the sauce on top.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **links and saurkraut**

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Author	Posting
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karma Posted - 19 March 2004 19:5  

yummy! i use either beef or pork links, reg kielbasa, hot links, or whatever, fry it up, then drain. place back into pan, add a can or two of saurkraut, heat and there you go. it's soooo good. everyone that's tried it loves it.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **beef brisket?**

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Author	Posting
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nette58 Posted - 10 October 2004 15:33  

Hi, I remember someone posting a recipe on how to cook a brisket, would love to know how you all cook one if anyone has any recipes. Thank you!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Inside Out Shepard's Pie**

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Author	Posting
CANMOM	Posted - 4 October 2003 20:2  

I got this recipe from the old boards, and my husband and I love it. It's such a comfort food to have now that the colder weather has begun. If anyone knows who the original creator of the recipe was, please post it here so they can get the credit they deserve. And to everyone who tries this recipe - ENJOY!

Inside Out Shepard's Pie

"Crust"

1 1/2 lbs ground meat

1 egg, slightly beaten

1/2 tsp. thyme

1/2 cup minced onion

1-2 garlic gloves, smashed and finely minced OR 1/2 tsp garlic powder

salt and pepper to taste

2 tsp. tomato paste

Mix all ingredients with your hands until well combined. Pat evenly into 9 x 13 casserole dish. Bake in preheated 350F oven for 30 minutes. Pour off fat. Fill with prepared topping.

"Topping"

1 medium head cauliflower, cooked and mashed

1 TBS. butter plus more for topping

2 TBS. cream cheese

2 TBS. heavy cream

2 cups green beans

While the "crust" is baking, prepare the "topping". Combine cream cheese, 1 TBS. butter and heavy cream in sauce pan over medium heat just until hot. Whisk to make a smooth creamy sauce and pur over cooked, mashed cauliflower. Season with salt and pepper.

Evenly arrange green beans over pre-baked meat crust and top with cauliflower mixture. Add bits of butter to the top, if desired.

Return pan to the oven and continue cooking for approximately 30 minutes more.

Leftovers freeze and reheat well.

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Author	Posting
artgirl67	Posted - 17 January 2005 19:48  

Originally posted by Peter Neuman, posted again for ~snaq~:

HAMBURGER CASSEROLE

2 lbs. ground beef
 1-1/2 to 1-3/4 cups tomato sauce
 1/4 teaspoon cumin
 1/4 teaspoon pepper
 1/4 teaspoon ground cloves
 1/2 teaspoon ground ginger
 1/4 teaspoon salt
 2 teaspoons parsley flakes
 2 teaspoons dried onion, minced
 2 teaspoons dried chives (I omit these)
 1-1/2 teaspoons dried basil leaves
 1 teaspoon dried oregano leaves
 1/4 cup Parmesan cheese, grated
 1/2 of a large spaghetti squash, or 1 small one
 1-1/4 cups mozzarella, shredded
 1-1/4 cups cheddar cheese, shredded
 2 cups crushed pork rinds (I omit these since DH doesn't like them - you can substitute Suzanne's Bake It And Shake It Fry Mix)

Preheat oven to 325F. Cook spaghetti squash for 1 minute in microwave, then cut in half lengthwise. Cook half of it for another 10-12 minutes. Remove spaghetti squash from oven and allow to cool until it can easily be handled. (I usually make the meat sauce while it cools.) Using a fork, scrape down the insides of the squash, forming spaghetti-like strands.

Saute the ground beef in a large skillet over medium heat. Drain the hamburger and add the cumin, pepper, ground cloves, ground ginger, salt, parsley flakes, minced onion, chives, basil leaves and oregano leaves. Cook until beef is browned throughout. Add tomato sauce and stir until thoroughly mixed and tomato sauce has heated through. Add grated Parmesan cheese. Stir until combined. Cook until beef mixture is bubbling, then remove from heat and set aside. Add squash and 1/3 of the cheddar and mozza cheeses to ground beef and spices, and mix together.

Grease large casserole and pour in beef-cheese-squash mixture. Even out mixture in casserole dish. Sprinkle pork rinds on top and remaining shredded cheeses. Place in preheated oven and bake for 25 minutes. Let cool for 10 minutes. Serve.

~*~Wendy~*~

New Bride ~ New Somersizer - again!

262 / ? / 125

"The journey of a thousand miles, begins with a single step."

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **roast with "potatoes"**

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Author	Posting
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FrozH2O Posted - 16 January 2005 13:53  

Last night I made a regular ol' pot roast. It made lots of broth. After I removed the roast I decided to put diced diakon radish in the broth and cook it to see if it would work. Looked like potatoes, Cooked almost like potatoes. Tasted like the broth. Quite good actually. I feel this is a good substitute to keep in mind. Diakon is available year round and not too expensive here.

Thought I would post for those who wanted to know.

Kim

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Author	Posting
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loveTOsomersize Posted - 12 November 2004 0:23  

I'm not that good at pot roast any suggestions??? I loved the mushroom gravy...

Karissa

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Author	Posting
iwillrejoice	Posted - 5 December 2004 20:42  

Meatloaf Muffins

2 pounds lean ground beef
 1 small onion, chopped
 1 small bell pepper, chopped
 1 tablespoon minced garlic (about 9 cloves)
 2 eggs
 1 tablespoon sf ketchup
 1 tablespoon prepared mustard
 Salt & pepper
 3/4 cup crushed pork rinds
 1/4 cup Parmesan cheese
 1 small can tomato sauce

"Here is a recipe that uses meatloaf mix in muffin pans.. It makes several meatloaf muffins - just a different way to eat meatloaf. ...they dont take as long to cook as a 2 lb meatloaf!"

Mix all ingredients together.
 Spray muffin pan with non stick spray and press meat into each indentation.
 Bake 30 minutes at 350F., and then top each meat muffin with tomato sauce.
 Put back in oven and bake another 5-10 minutes.

This made 12 muffins, plus enough mixture left over to make at least another half a pan. (I just fried it up as hamburgers, tho.)

I thought that they might run over with grease (in the oven), but they didn't. Still a good idea to put a cookie sheet on rack underneath, tho.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Ground Beef Recipes**

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Author	Posting
gonnamakeit	Posted - 1 December 2004 7:52  

Does anyone have some ground beef ss recipes that are quick and easy?
???

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Bacon Cheeseburger Quiche**

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Author	Posting
iwillrejoice	Posted - 5 December 2004 20:52  

Bacon Cheeseburger Quiche

- 1 pound very lean hamburger
- 1 small chopped onion
- 4 slices crisp-cooked bacon, chopped in bits
- 3 eggs
- 1/2 cup mayonnaise
- 1/2 cup diluted cream (just mixed with a bit of water)
- 8 ounces shredded Cheddar OR Swiss cheese
- Garlic powder to taste (optional)
- Freshly ground white pepper to taste

Brown ground beef in skillet with onion.
Remove and mix in bowl with bacon pieces, breaking up any larger clumps with a fork or pastry mixer until you have a fine mix.
Drain well of any excess grease and press into the bottom of a deep-dish pie pan.
Set aside.
Preheat oven to 350 degrees.
Combine remaining ingredients in mixer bowl and whip well. (I just whisked it.)
Pour mixture over beef "crust" and bake 40 to 45 minutes until top is browned and "set".

6 servings

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Deviled Hamburgers**

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Author	Posting
iwillrejoice	Posted - 4 December 2004 11:55  

Deviled Hamburgers

2 pounds ground beef
6 tablespoons sf catsup
1 teaspoon Worcestershire sauce
2 teaspoons prepared mustard
2 teaspoons horseradish
1 tablespoon grated onion
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup crushed pork rinds

Mix ingredients thoroughly.
Shape lightly into patties.
Grease skillet or broiler pan.
Cook from 2-5 minutes on each side.

Adapted from The Settlement Cookbook.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Smothered Burgers**

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Author	Posting
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iwillrejoice Posted - 4 December 2004 12:9  

I posted this one a few years ago - reposting now by request.

Smothered Burgers

1/2 cup sliced onion (I chopped it)
1/2 cup sliced mushrooms
2 tablespoons butter or olive oil (or 1 of each)
Dash of Worcestershire sauce
4 hamburger patties

Melt the butter or heat the oil in a small, heavy skillet over medium-high heat.

Saute the onions & mushrooms together in the butter or olive oil until the onions are translucent, & the mushrooms begin to brown.

Remove them to a bowl, & stir in the Worcestershire.

Cook the burgers in the same skillet.

Spoon onions & mushrooms over burgers, & serve.

Adapted from 500 Low-Carb Recipes.

My Notes: Worcestershire in large quantities is funky. But Suzanne herself uses it in small amounts in her recipes. This small amount shouldn't cause you any problems, but if it does, just omit it.

Gail

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **London Broil w/ Tequila and Jalepenos**

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Author	Posting
momof7	Posted - 22 September 2004 8:17  

1 Jalepeno-seeded
 1 clove garlic
 1 C Tequila- try to get a med. quality if not better-I know it costs more but the flavor is worth it.
 1 C teriyaki sauce
 1/4 C olive oil
 1/4 C Worcestershire sauce
 1/4 ts sea salt-reg. salt is fine too
 1/4 ts fresh ground pepper
 3 1/2 lb (or whatever size fits your family-I need at least 5 lb) London Broil

In a blender combine all but meat.
 process till smooth-the peppers will leave some chunks.
 Put meat in a non-reactive container and pour marinade over top.
 Marinade for at least 4 hours-overnite is best.
 Broil as you normally would or place on white hot grill to seer in juices then continue to grill to your liking. You should flip London broil at least 4 times to keep the juices in.
 Let rest 10 min. before slicing against the grain but diagonallyfor wide but thin slices.

We have ours with mock mash potatoes and a huge spinach salad. Enjoy!

Lori
 235/203/200

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Author	Posting
livinginthesticks	Posted - 25 October 2004 9:40  

I typically buy a sloppy joe package mix and then just add tomato paste, hamburger and water but the package mix is funky with flour, etc. Can anyone give me a good recipe for sloppy joe? I use the magic pizza crust as the rolls and it's great!

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Stroganoff**

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Author	Posting
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CarrieG Posted - 26 February 2004 16:25  

~ serves 2~

1# beef loin steak
3/4 C water
1 C. sour cream
1 medium onion
1 can or 8oz package of mushrooms
1/2 t. garlic
1T. olive oil
salt and pepper to taste

slice the steak on an angle into 1/4" strips, sautee with the oil in a frying pan on medium. cut the onion in half, then slice in 1/4" strips and sautee with the meat. add the garlic and let it simmer for about 15 min turning the meat so it cooks thru, add the water and mushrooms and let the meat simmer for another 15 min (this will make a great beef juice) add the sour cream just before you serve it and salt and pepper to taste.

I eat this just like this and make my fiance some noodles to go with it. or you could eat it on cabbage noodles, or spaghetti squash.

* to make this recipe for more, double all, except take the water up for each recipe by 1/4 cup.. so for 4, use 1 C.

started 2-6-04

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Rotel?**

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Author	Posting
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glennam Posted - 10 November 2004 9:12  

Hi all! I am making the Chili like Wendy's again and this time I would like to try using the can of "Rotel" that DebB suggests, but I have never seen this product and I haven't had any luck finding it in my grocery store. What exactly is Rotel? And, where do I find it at the grocery store? Thanks for your help!

Glenna
151/130/130

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Simple Bolognese**

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Author	Posting
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phoffer Posted - 12 November 2004 11:10  

1/4 C extra virgin olive oil
1 med onion chopped
2 garlic cloves. chopped coarsely
1 celery stalk, chopped coarsely
1 lb ground chuck beef
1 28 oz can crushed tomatoes
1/4 cup flat leaf parsley
8 fresh basil leaves, chiffonade
salt and pepper
1/4 c freshly grated Parmesan
Romano cheese on top

Directions:

In a 6 qt. pot, add oil. When almost smoking add the onion and garlic and saute over medium heat until the onions become very soft about 8 minutes. Add the celery and saute for about 5 minutes. Raise heat to high and add the ground beef. Saute stirring frequently and breaking up any large lumps and cook until meat is no longer pink. about 8 minutes. Add the tomatoes, parsley and basil and cook over medium low heat until the sauce thickens about 1/2 hour. Finish bolognese with Romano cheese. Check for seasonings. Serve hot.

Patricia Hoffer

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Italian Burger Melt**

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Author	Posting
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mjlibbey	Posted - 27 October 2004 14:24  
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Thanks to DebB and Chefskid this old favorite recipe is usable again. Hope others enjoy it as much as we do. Mary

ITALIAN BURGER MELT(mjlibbey)

SAUCE(Karma's Kream of Tomato Soup recipe using chefskid's and DebB's suggestions)

8 ounce can of basil, garlic and oregano tomato sauce
Using the can, fill with 1/2 water and 1/2 heavy cream
sweetener to equal 1 teaspoon of sugar
pinch of salt
Combine together in a bowl. Set aside.

1 1/2 pounds ground chuck, made into 6 patties
6 slices mozzarella cheese

Brown patties in a skillet and drain off fat. Add tomato soup mixture, cover and cook 10 minutes or until patties are no longer pink. Top with mozzarella cheese and serve. For non-sser's serve on hamburger buns.

NOTE: If you like a lot of sauce, double the tomato soup recipe.

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **My Favorite Pot Roast**
:)

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Author	Posting
manda318	Posted - 24 October 2004 19:1  

This is a compliation of suzanne's pot roast & beef stew from fast and easy.

1 4-5lb. chuck roast

2 stalks celery, 1 red onion, 2 cloves garlic

1 can veg. broth, 1 can beef broth

1 15oz. can diced tomatoes in sauce

2 tbsp. chardonnay (u don't have to add i did, adds another depth of flavor!)

splash of worchestire, pinch of bay leaf, italian seasoning, tomato paste.

Brown roast on all sides in olive oil

remove and saute chopped celery, onion, and minced garlic until almost translucent. Add in 2 tbsp. tomato paste and saute 1 min. more, coating all the veggies. Add in can of tomatoes and the wine. Stir in 1 tbsp. italian seasoning and pinch of bay leaf & salt and pepper to taste. Pour in half of each can of the veg and beef broth. Shake in 3 dashes of worchestire sauce. Slide roast back in pan, and make sure liquid comes up halfway around the roast. Place lid on the pot, and braise in the oven at 350F for a/b 3 1/2-4hrs. Check occasionally to see if more broth needs to be added.

I make this roast almost every sunday. My family loves it, and I do too! To me, this is the best tasting pot roast i've ever had, it literally falls apart trying to put it on a platter to serve! Hope you enjoy :)

manda :)

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Author	Posting
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phoffer	Posted - 8 October 2004 9:27  
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3 cups beef stock
 6 sprigs of thyme
 1 bay leaf
 2 lbs chuck roast cut into 2 inch pcs.
 kosher salt and fresh ground black pepper
 6 TB extra virgin olive oil
 1 med onion, chopped
 2 TB cognac
 5 TB unsalted butter
 1 lb mushrooms, sliced
 3 cloves garlic, chopped
 2 TB sour cream, plus more for garnish
 1 TB Dijon mustard
 2 TB chopped fresh parsley, more for garnish

Heat beef stock with thyme and bay leaf, Pat the beef dry and season it with salt and pepper. Heat 3 tb oil in a large heavy skillet over high heat. fry the meat in batches so that browns on all sides. lower

heat to medium and return all the meat to the pot. Add onions and cook until they are soft, about 5 minutes. Pour in the cognac and cook until the alcohol has burned off. add the beef stock discard the thyme sprigs and bay leaf. Cook, partially covered over a very low heat for about 1-1 1/2 hours.

In large skillet over med heat melt 3 TB butter in remaining olive oil add mushrooms garlic and remaining 2 thyme sprigs and cook until the mushrooms are browned and cooked through. remove from heat and set aside.

When meat is done remove it from heat and fold in mushrooms mixture, sour cream mustard and parsley. Taste and adjust the seasonings with salt and pepper.

Meanwhile if you want to use zucchini noodles for this, go ahead and get that prepared by slicing off green strips of the zucchini and par boil them and you are ready to go. Enjoy!!!!!!!!!!

Patricia Hoffer

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **What is your favorite roast recipe?**

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Author	Posting
JCnmyheart	Posted - 1 October 2004 15:45  

The subject asks it perfectly... I have a nice roast on my counter and just can't think of how to make it. What is your favorite recipe and seasonings to use...please include length of times. Thank you so much:)

JCnmyheart <><

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Author	Posting
momof7	Posted - 22 September 2004 16:27  

Okay, I looked and did not see that I could not post the same recipe in 2 places. This one really is good as a main course or as a dip for parties. Sorry if it is redundant.

1-LB ground beef-browned and seasoned -you can season it with either taco seasoning or salt and pepper

8 oz-or more- softened Cream cheese

Salsa

Some Grated Sharp Cheddar Cheese

Olives for garnish

Layer in pie dish-

Cream cheese

Meat

Salsa

Cheese

Garnish with sliced olives

Bake at 425 for about 15 min. or until hot and bubbly. Use pork rinds as dippers.

**If you have a large family -like me-and need to make a meal that goes a little farther you can make 2 and add beans to one , letting them use tortilla chips to dip and a side of rice,salad or vegies to make a full meal

Lori

235/203/200

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[Forums](#) | [Here Comes the Beef \(Beef Entrees\)](#) | Thread: **Beef Paprikash**

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Author	Posting
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sweetthing	Posted - 7 November 2003 9:40  
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I got this recipe from my Woman's day magazine.It is so good and easy to make I thought I would share it.....

1LB beef sirloin tips

1/2 tsp salt

1/4 tsp pepper

4 tsp oil

1 cup thinly sliced onion

1 cup pepper strips

1 Tablespoon Paprika

2 tsp minced garlic

1 cup chicken broth

1 cup sour cream

Season beef with salt and pepper.Heat half of oil in skillet over med-high heat.Add half and meat and cook till browned..Add rest of meat and brown..Remove to plate and keep warm.Add remaining oil to drippings.Add onions and pepper.Cook till soft about 4 min.Stir in paprika ,garlic ,and broth....simmer 5 min..Remove from heat..stir in sour cream..Add the beef back and stir to coat...My kind if meal....fast and easy....

er strips

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